



¹INCLUSION CRITERIA

Potential Presenting Symptoms for Patients with Undiagnosed Eating Disorder

- Weight loss
- Fatigue
- Dizziness or syncope
- Seizures
- Constipation
- Dehydration
- Palpitations
- Chest pain
- Abdominal pain
- Spontaneous or low impact fractures

²CRITERIA TO ASSESS MEDICAL STABILITY

Consider admission for medical stabilization based on the AAP Guideline's criteria for admission for patients with a confirmed or suspected eating disorder

- Pulse: < 50bpm (awake)
< 45bpm (asleep)
- Body Temp < 96 F
- Systolic BP < 90 mm Hg
- Corrected QT Interval > 0.45
- Orthostatic changes in pulse of > 20 bpm, or Blood pressure change > 10 mm Hg
- Serum potassium ≤ 3.2 mmol/L
- Serum chloride < 88 mmol/L
- Serum glucose < 65 mg/dL
- Serum magnesium < 1.7 mEq/L
- Any other severe electrolyte abnormality
- GI bleeding, hematemesis, esophageal tears
- Dehydration, intractable vomiting
- Any patient with refusal to eat
- Suicidal

Additional Criteria to consider patient for admission:

- Renal compromise (elevation of baseline Creatinine)
 - Hepatic compromise (elevated liver enzymes)
 - Patient at risk for refeeding syndrome
 - Chronically undernourished
 - History of alcohol or drug abuse including insulin, chemotherapy, antacids, or diuretics.
 - Little to no energy intake ≥ 10 days
 - BMI < 16
 - Weight loss >15% in past 3-6 months or >20% in past year
 - Below <75% initial body weight
- (Note: patient may have normal labs and stable vital signs)

³COMPLICATIONS

Eating disorder patients are at risk of the following complications:

- IVF can cause the following:
 - In patients with anorexia, the low HR and BP are due to loss of heart muscle mass - IVF's can lead to CHF
 - In patients with bulimia, they are chronically fluid constricted and can develop pseudo-Bartter's syndrome - IVFs will cause severe edema
- Refeeding syndrome
- Cardiac dysrhythmias
- Severe hypotension
- Severe bradycardia (especially during sleep)
- Hepatic failure
- Hypokalemia
- Hypomagnesemia
- Hypophosphatemia
- Hypoglycemia
- Leukopenia
- Anemia
- Heart failure: *avoid large volumes of fluids*
- Pericardial Effusion
- SMA
- Sudden death