

Medical monitoring for patients with diagnosed or suspected eating disorder

Bedfordshire and Luton Adult Community Eating Disorder Service (CEDS)

- At referral all patients need a baseline Brief Essential Exam, bloods & ECG
- This is guideline advice and does not replace clinical judgment
- CEDS doctors can offer non-emergency advice on request

BMI	Physical	Bloods	ECG	Management
15-17.5 Or <0.5kg weight loss/week	Monthly	Monthly	On referral then annually	<ul style="list-style-type: none"> • Multivitamin and mineral tablets OD Either over the counter A-Z such as Sanatogen or Centrum OD* Or prescribe Forceval, or equivalent, OD* • TheiCal-D3 1000mg/880 IU OD* <i>Continue taking these until BMI>17.5</i>
14-14.9 Or >0.5kg weight loss/week	2 weekly	2 weekly	Monthly	<ul style="list-style-type: none"> • Multivitamin and mineral tablets (as above) BD until BMI >15, then OD* • TheiCal-D3 1000mg/880 IU OD* • Thiamine 50mg QDS for 1 month then 25mg OD until BMI >17.5 • Vitamin B Co Strong 2 tabs TDS* for 1 month then 1 tablet OD until BMI >17.5 <p><i>*or equivalent depending on local guidelines</i></p>
<14 Or >1kg weight loss/week	Weekly	Weekly	2 weekly	
Vomiting				
Daily	Monthly	Monthly	Monthly	<i>If there's an increase in purging frequency, retest and contact CEDS</i>
< than daily	3 monthly	3 monthly	3 monthly	

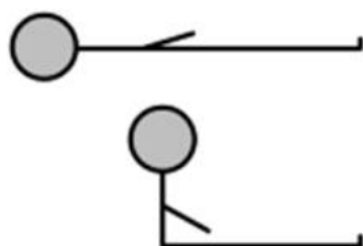
Physical Brief Essential Exam	Bloods
<ol style="list-style-type: none"> 1. Weight (using their height to calculate their BMI) 2. Lying and standing blood pressure 3. Pulse 4. Temperature 5. Skin review (skin breakdown, angular stomatitis, lanugo hair or purpuric rash) 6. Sit-up Squat Stand Test - test of proximal muscle strength (<i>see below</i>) 	<ul style="list-style-type: none"> • FBC • U&E • LFT • Bone profile • Magnesium • CK (Muscle) • Glucose (Random Glucose)

Consider a bone mineral density scan

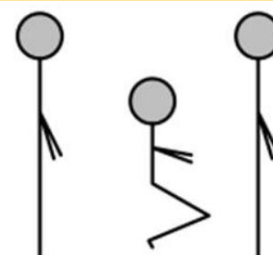
- After 1 year of underweight in children and young people, or earlier if they have bone pain or recurrent fractures
- After 2 years of underweight (BMI<18.5) in adults, or earlier if they have bone pain or recurrent fractures

Sit-up Squat Stand Test (2 ½ min video on YouTube "The SUSS test for anorexia nervosa" UCL)

Sit-up



Squat test



The patient lies down on the floor and sits up without using their hands

The patient squats down and rises without using their hands

Score: _____ out of 3 for sit up

_____ out of 3 for squat

0 unable

1 able only using hands to support

2 able but noticeable difficulty

3 able with no difficulty