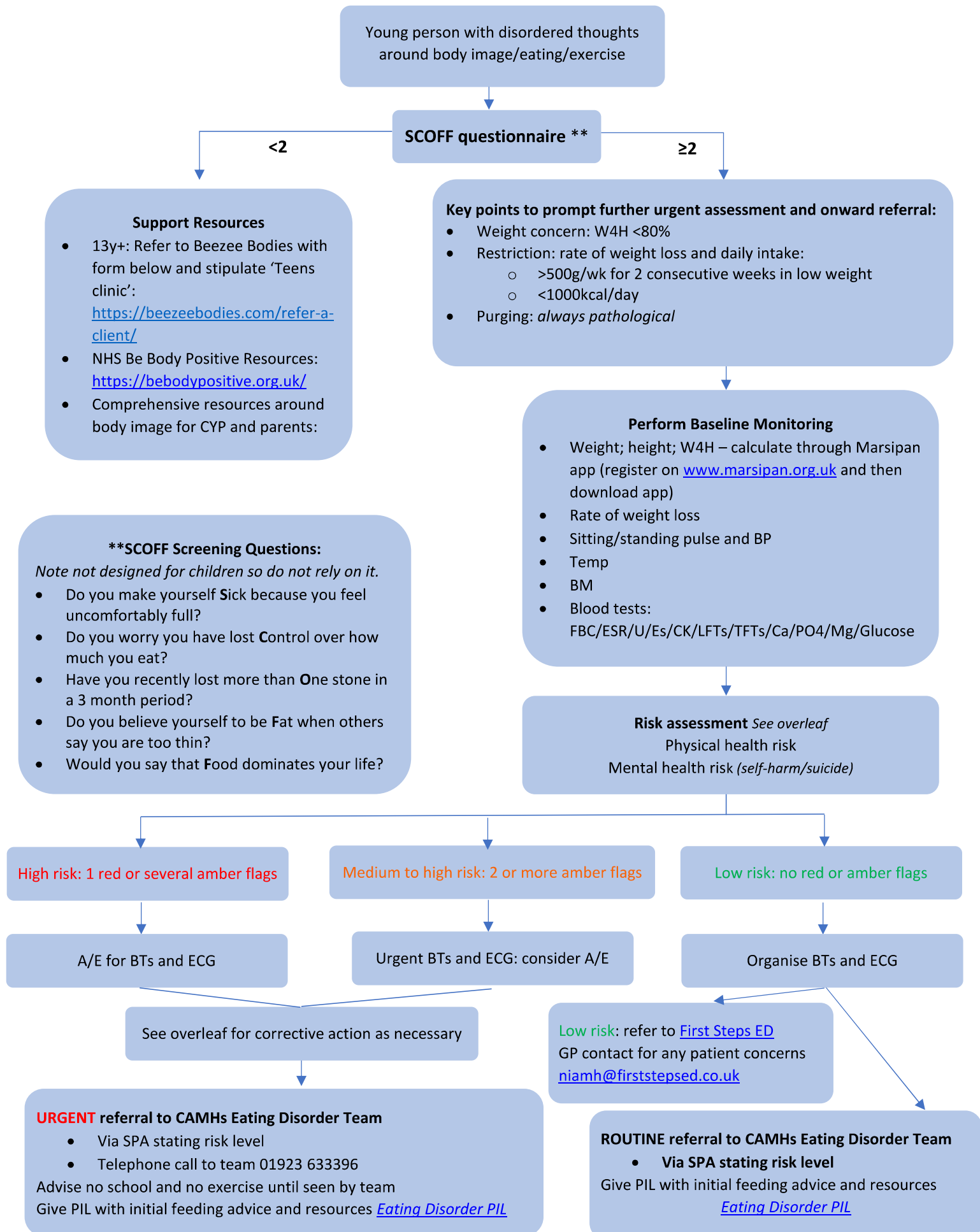


Assessment of Young Person with a Suspected Eating Disorder



BASELINE RISK ASSESSMENT (based on MEED guidance)

	RED	AMBER	GREEN
Weight			
<18yr: Median% BMI (W4H)	<70%	70-80%	>80%
≥18yr: BMI	<13	13-14.9	>15
Recent weight loss	≥ 1kg/week for 2 weeks in undernourished patient	500-999g/week for 2 weeks in undernourished patient	< 500g/week or fluctuating weight
Cardiovascular health			
Heart rate (awake)	<40bpm	40-50bpm	>50bpm
Standing BP	<0.4 centile for age <90 systolic if 18+yr with recurrent syncope and	<0.4 centile for age (84-98/35-40) <90 systolic if 18+yr with occasional syncope or	Normal standing BP for age and gender and normal heart rhythm and
Drop in BP on standing	>20 mmHg	>15/10 mmHg	Normal orthostatic changes
Rise in pulse on standing	>30bpm (>35 in <16yrs) or	Up to 30bpm (35 in <16yr) or	
Blood sugar (BM)			
Blood sugar (BM)	<3mmol/l	<4mmol/l	>4mmol/l
Temp	<35.5 tympanic; 35.0 axillary	<36	>36
Hydration Status			
Urine output; dry mouth; postural changes; skin turgor; sunken eyes; P; RR	Fluid refusal Severe dehydration 10%	Severe fluid restriction Moderate dehydration 5-10%	Minimal fluid restriction Mild dehydration only <5%
Muscular weakness			
SUSS Test Part 1: Sit up from lying flat	Unable to sit up from lying flat (0) or without using hands (1)	Unable to sit up without noticeable difficulty (2)	Sits up from lying flat without any difficulty (3)
SUSS Test Part 2: Stand up from squat	Unable to get up from squatting (0) or without using hands (1)	Unable to get up without noticeable difficulty (2)	Stands up from squat flat without any difficulty (3)
Investigations			
ECG: females (F); males (M)	<18yrs QTc >460ms F; >400ms M 18+yrs QTc >450ms F; >430ms M and any other ECG abnormality	<18yr: QTc >460ms F; >400ms M >18yrs: QTc >450ms F; >430msM No other ECG abnormality Meds that prolong QTc	<18yr: QTc <460ms F; <400ms M >18yrs: QTc <450ms F; <430ms M
Biochemistry Blood Tests	Hypokalaemia <2.5mmol/l	<3.5mmol/l	>3.5mmol/l
	Hyponatraemia <130mmol/l	<135mmol/l	>135mmol/l
	Raised urea or creatinine		
	Hypophosphataemia <1mmol/l (adolescents) <0.8mmol/l (adults)		
	Hypocalcaemia		
	Transaminases x 3 ULN		
	Hypoalbuminaemia <32 In Diabetes HbA1C >10%	<35	>35
Haematology Blood Tests	Low White Cell Count <2.0	< 4.0	>4
	Haemoglobin <10g/l	<11g/l	>11g/l
Disordered eating behaviours			
Restriction	Acute food refusal or calorie <500kcal for 2 or more days	Severe restriction <50% required intake (<1000kcal)	Moderate restriction
Purging behaviours	Multiple daily episodes	3 x week	
Exercise in malnutrition	>2h/day uncontrolled exercise	>1h/day uncontrolled exercise	<1h/day
Engagement	Physical resistance	Poor insight and some resistance	Some insight and motivation
Self-harm and suicide	High risk suicidal thoughts or behaviours	Low risk suicidal thoughts and behaviours	

