

## ***Guidelines for Practitioners: Assessment of Eating Disorders***

### **Physical Exam**

<ul style="list-style-type: none"> <li>• Full physical</li> <li>• Weigh backwards (blind weight) on a consistent scale</li> <li>• Oral temperature</li> </ul>	<ul style="list-style-type: none"> <li>• Supine and standing heart rate/blood pressure</li> <li>• Respiratory rate</li> <li>• Check hands/feet for swelling &amp; color</li> </ul>
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### **Laboratory Tests**

<p><b>For all patients</b></p> <ul style="list-style-type: none"> <li>• CBC w/diff</li> <li>• Full thyroid panel (T<sup>2</sup>, T<sup>3</sup>, T<sup>4</sup>, TSH)</li> <li>• EKG</li> <li>• Urinalysis; specific gravity, sodium</li> <li>• DXA Scan</li> <li>• Complete metabolic profile</li> <li>• Full chemistry amylase</li> <li>• Serum Mg/glucose/electrolytes</li> </ul>	<p><b>For patients w/ &gt;15% below IBW</b></p> <ul style="list-style-type: none"> <li>• Chest X-Ray</li> <li>• Complement 3 (C3)</li> <li>• 24 hr creatinine clearance</li> <li>• Echocardiogram</li> <li>• Estradiol level (testosterone in males)</li> <li>• ANA, amylase, lipase, LH, FSH, prolactin</li> </ul>
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### **Review of Symptoms**

<p><b>Anorexia Nervosa</b></p> <ul style="list-style-type: none"> <li>• Weight loss/ low body weight</li> <li>• Distorted body image</li> <li>• Dizziness/Fatigue</li> <li>• Pale/yellowish skin</li> <li>• Cold intolerance</li> <li>• Constipation</li> <li>• Loss of muscle mass</li> <li>• Loss/delay of menses</li> <li>• Depression/Anxiety</li> <li>• Self-injury</li> </ul>	<p><b>Bulimia Nervosa</b></p> <ul style="list-style-type: none"> <li>• Bingeing and purging</li> <li>• Abdominal pain</li> <li>• Bloating/heartburn/reflux</li> <li>• Sore throat</li> <li>• Abuse of laxatives, diet pills, and/or diuretics</li> <li>• Self-injury</li> <li>• Depression/Anxiety</li> <li>• Feelings of shame and guilt</li> </ul>	<p><b>Binge Eating Disorder</b></p> <ul style="list-style-type: none"> <li>• Loss of control over food intake</li> <li>• No purging behaviors</li> <li>• Weight fluctuations</li> <li>• Eating large amounts of food when not feeling physically hungry</li> <li>• Eating much more rapidly than normal</li> <li>• Self medicates w/ food</li> <li>• Secretive eating</li> </ul>
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### **Physical Findings**

<p><b>Anorexia Nervosa</b></p> <ul style="list-style-type: none"> <li>• Low Body Weight</li> <li>• Hypotension</li> <li>• Bradycardia</li> <li>• Hypothermia</li> <li>• Hypoglycemia</li> <li>• Amenorrhea</li> <li>• Lanugo Hair</li> <li>• Dry Skin</li> <li>• Hypercarotenemia</li> <li>• Edema</li> <li>• Anemia</li> <li>• Cyanotic extremities</li> </ul>	<p><b>Bulimia Nervosa</b></p> <ul style="list-style-type: none"> <li>• Normal or Overweight</li> <li>• Hypertensive</li> <li>• Edema</li> <li>• Electrolyte imbalance</li> <li>• Dehydration</li> <li>• Pancreatitis</li> <li>• Extremity weakness</li> <li>• Russell's sign</li> <li>• Dental erosions</li> <li>• Esophagitis</li> <li>• Mallory-Weiss tears</li> <li>• Boerhaave Syndrome</li> </ul>	<p><b>Binge Eating Disorder</b></p> <ul style="list-style-type: none"> <li>• Overweight</li> <li>• Gallbladder disease</li> <li>• Increased BP</li> <li>• Increased Cholesterol</li> <li>• Heart disease</li> <li>• Type II Diabetes</li> <li>• Lipid Abnormalities</li> <li>• Osteoarthritis</li> <li>• Sleep apnea</li> <li>• PCOS</li> <li>• Kidney problems</li> <li>• Certain cancers</li> </ul>
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## Eating Disorders DSM-5 Diagnostic Criteria

### **Anorexia Nervosa - 307.1**

- Restriction of energy intake relative to the requirements leading to a significantly low body weight
  - Intense fear of gaining weight
  - Body image disturbances or denial of seriousness of low weight
- Two types: Restricting type (F50.01) and Binge eating/purging type (F50.02)*

### **Bulimia Nervosa - 307.51 (F50.2)**

- Recurrent binge episodes (large amount w/loss of control)
- Recurrent use of inappropriate behaviors to prevent weight gain (vomiting, laxatives, exercise, diet pills, fasting, water overloading)
- Both bingeing and purging occur, on average, 1x weekly for 3 months or more
- Does not meet criteria for anorexia

### **Binge-Eating Disorder- 307.51 (F50.8)**

- Recurrent binge episodes of at least 1x a week for 3 months
- Lack of control over eating during the binge episode
- Marked physical and emotional distress regarding binge eating
- Binge eating is not associated with use of inappropriate compensatory behavior
- Binge eating may alternate with dietary restriction

### **Avoidant/Restrictive Food Intake Disorder- 307.59 (F50.8)**

- Eating/feeding disturbance as manifested by persistent failure to meet appropriate nutritional and/or energy needs
- Not better explained by lack of available food or culturally sanctioned practice
- No evidence of a disturbance in the way body weight or shape is experienced
- Not attributable to a concurrent medical condition or another mental disorder

### **Other Specified Feeding or Eating Disorders- 307.59 (F50.8)**

- Significant eating disorder that does not meet above criteria

## Screening Questions

- When/What did you last eat? What about yesterday? (24hr food/fluid intake)
- How often do you weigh yourself? Have you lost or gained weight within the last 3 months? What has your weight range been?
- Do you make yourself sick (i.e. purge) when you feel uncomfortably full? (ask about vomiting, laxatives, diet pills, diuretics, medications, etc)
- Do you binge? What constitutes a binge for you?
- Do you worry you have lost control over how much you eat?
- Would you say that food dominates your life? Do you have forbidden foods?
- What is your exercise regimen?



**The Alliance for Eating Disorders Awareness**

866.662.1235

[www.allianceforeatingdisorders.com](http://www.allianceforeatingdisorders.com)

[www.findedhelp.com](http://www.findedhelp.com)