

# *Eating Disorder Guidelines for Practitioners*

*You cannot tell by looking at someone if they have an eating disorder.  
Eating disorders come in all body shapes and sizes.*

## 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 &amp; standing heart rate/blood pressure</li> <li>• Respiratory rate</li> <li>• Check hands/feet for swelling &amp; color</li> </ul>
---	--

## LABORATORY TESTS

<ul style="list-style-type: none"> <li>• CBC w/diff</li> <li>• EKG</li> <li>• Urinalysis; specific gravity, sodium</li> <li>• CMP w/magnesium and phosphorus</li> <li>• Vitamin D</li> <li>• Full thyroid panel</li> </ul>	<ul style="list-style-type: none"> <li>• POC glucose finger stick</li> <li>• DXA Scan (as needed)</li> <li>• Echocardiogram (as needed)</li> <li>• Estradiol level (testosterone in males)</li> <li>• LH, FSH, prolactin</li> </ul>
--	---

## REVIEW OF SYMPTOMS

<b>Anorexia Nervosa</b>	<b>Bulimia Nervosa</b>	<b>Binge Eating Disorder</b>
<ul style="list-style-type: none"> <li>• Weight loss</li> <li>• Distorted body image</li> <li>• Dizziness/Fatigue</li> <li>• Pale/yellowish skin</li> <li>• Cold intolerance</li> <li>• Dysphagia</li> <li>• Gastroparesis</li> <li>• Heart rate abnormalities</li> <li>• Constipation</li> <li>• Fragility fractures</li> <li>• Loss/delay of menses</li> <li>• Depression/Anxiety</li> <li>• Self-injury</li> </ul>	<ul style="list-style-type: none"> <li>• Bingeing and purging</li> <li>• Abdominal pain</li> <li>• Heartburn/reflux</li> <li>• Seizures</li> <li>• Swelling after purging ceases</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>	<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> <li>• Depression/Anxiety</li> <li>• Feelings of shame and guilt</li> </ul>

## PHYSICAL FINDINGS

<b>Anorexia Nervosa</b>	<b>Bulimia Nervosa</b>	<b>Binge Eating Disorder</b>
<ul style="list-style-type: none"> <li>• Reduced body weight</li> <li>• Hypotension</li> <li>• Bradycardia</li> <li>• MVP</li> <li>• Hypothermia</li> <li>• Hypoglycemia</li> <li>• Amenorrhea</li> <li>• Hair loss (scalp)/ Lanugo Hair (body)</li> <li>• Edema</li> <li>• Cyanotic extremities</li> <li>• Pressure Sores</li> </ul>	<ul style="list-style-type: none"> <li>• Average or higher body weight</li> <li>• Edema</li> <li>• Dehydration</li> <li>• Cardiac arrhythmia</li> <li>• Russell's sign</li> <li>• Dental erosions</li> <li>• Swollen salivary glands</li> <li>• Esophagitis</li> <li>• Mallory-Weiss tears</li> <li>• Boerhaave Syndrome</li> <li>• Rectal prolapse</li> </ul>	<ul style="list-style-type: none"> <li>• Higher body weight</li> <li>• Gallbladder disease</li> <li>• Hypertension</li> <li>• Hypercholesterolemia</li> <li>• Heart disease</li> <li>• Type II Diabetes</li> <li>• Osteoarthritis</li> <li>• Sleep apnea</li> <li>• PCOS</li> <li>• Kidney problems</li> <li>• Certain cancers</li> </ul>

## 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 including Atypical Anorexia\* (despite weight loss, weight remains within/above normal range), Bulimia Nervosa (of low frequency and/or limited duration), Binge Eating Disorder (of low frequency and/or limited duration), Purging Disorder, and Night Eating Syndrome.

\*Studies show equally severe medical complications of Atypical Anorexia Nervosa as Anorexia Nervosa.

## 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?



866.662.1235  
www.allianceforeatingdisorders.com  
www.findedhelp.com

*With gratitude to Gaudiani Clinic (www.gaudianiclinic.com)*