

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

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

Anorexia Nervosa	Bulimia Nervosa	Binge Eating Disorder
<ul style="list-style-type: none"> • Weight loss • Distorted body image • Dizziness/Fatigue • Pale/yellowish skin • Cold intolerance • Dysphagia • Gastroparesis • Heart rate abnormalities • Constipation • Fragility fractures • Loss/delay of menses • Depression/Anxiety • Self-injury 	<ul style="list-style-type: none"> • Bingeing and purging • Abdominal pain • Heartburn/reflux • Seizures • Swelling after purging ceases • Sore throat • Abuse of laxatives, diet pills, and/or diuretics • Self-injury • Depression/Anxiety • Feelings of shame and guilt 	<ul style="list-style-type: none"> • Loss of control over food intake • No purging behaviors • Weight fluctuations • Eating large amounts of food when not feeling physically hungry • Eating much more rapidly than normal • Self medicates w/food • Secretive eating • Depression/Anxiety • Feelings of shame and guilt

PHYSICAL FINDINGS

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

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
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