Eating Disorders: Inpatient Management Admission Assessment

Associated Power Plans: Eating Disorder Admission; Eating Disorder Meal Plan



Evidence Based Practice

Goals of Medical Stabilization

Acute physiological stabilization

Goals of Nutritional Rehabilitation

- Begin weight restoration by advancing daily nutritional and fluid needs
- Begin interruption of eating disorder behaviors

Patient admitted for medical stabilization with concern for eating disorder (6 Henson)

QR code for mobile view

Inpatient Admission Assessment - Primary Inpatient Team

Obtain

- Blind height and weight

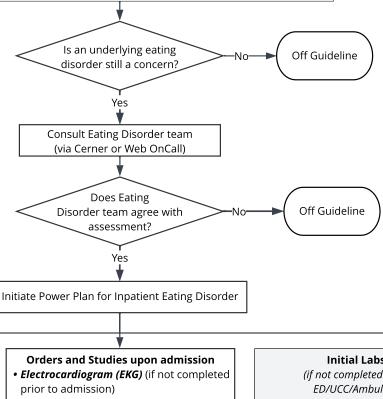
 St standing backwards in 2 hospital government.
- Pt standing backwards in 2 hospital gowns and underwear/bra
- \circ Full vital signs including temperature, orthostatic heart rate and blood pressure

Ask

- $\circ~$ Detailed dietary history and whether weight loss was intentional
- Last mentstrual period
- Current or past body image or weight concerns

• Baseline assessment

- Cardiovascular stability
- Acute/chronic gastrointestinal complaints
- Neurological abnormalities
- Safety concerns



The **Eating Disorder Team** consists of Adolescent MD, APRN and a social worker

Orientation/Education RN/Care Assistant Upon Admission:

- Orient family to unit and policies
- Provide inpatient eating disorder booklet

Eating Disorder Team Within 24 hours:

- Provide education on
 - Eating disorders
 - Malnutrition
 - Hospital course (*potential for Nasal Gastric tube with refusal of food*)
 - Discharge planning

- Place on fall risk
- *Place* on bed rest hospital staff to monitor bathroom use
- **Order** initial meal plan per eating disorder team's recommendation

Initial Labs and Studies

(if not completed in Children's Mercy ED/UCC/Ambulatory area today)

- Point of Care blood glucose
- Complete blood count with differential
- Basic metabolic panel
- Magnesium
- Phosphorus
- Liver function tests
- Iron studies
- Amylase
- Lipase
- Vitamin D deficiency
- Urinalysis
- Thyroid-stimulating hormone

Nutritional Rehabilitation

Link to synopsis and references

Last Updated: 7.19.2023