



QR Code for mobile view

**Inclusion criteria:**

Patients with concern for eating disorder with an associated medical complication:

- Electrolyte abnormalities
- Bradycardia
- Hypotension
- Pericardial effusion
- Superior mesenteric artery syndrome
- Anemia
- Renal injury
- Erosion of dental enamel and dental caries
- Delayed wound healing
- Persistent metabolic alkalosis
- Neutropenia
- Height stunting
- Secondary amenorrhea
- Dizziness/Syncope
- Hypoglycemia
- Abnormal liver function tests
- Frequent fractures or stress fractures

**Exclusion criteria:**

- Patient avoids eating due to medical issues
- Patient avoids eating due to a mental health condition other than fear of weight gain or body image concerns
- Patient avoids eating due to sensory issues
- Patient is medically stable

Patient presents to UCC, ED, ambulatory clinic, or PCP with concern for eating disorder and an identified medical complication

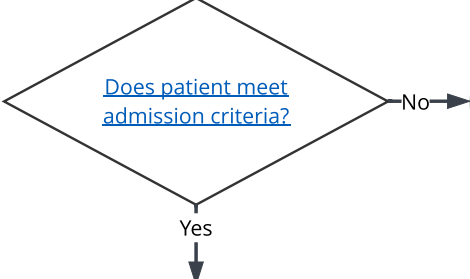
**Outpatient Assessment**

- Obtain weight, full vital signs including temperature, orthostatic heart rate and blood pressure (supine and standing), and last menstrual period.
- Full review of systems with focus on gastrointestinal, cardiac, neurologic, and last menstrual period
- Head to toe exam with focus on work of breathing, edema, heart sounds, perfusion

To help further guide assessment, [the SCOFF screening tool](#) can be utilized

**Initial Labs & Studies**

- 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
- Electrocardiogram (EKG)



**Off guideline**

- Proceed with additional work-up for weight loss as medically indicated
- If there are concerns for eating disorder - provider to make referral to the Eating Disorder Clinic

**Call 1800GoMercy**

To consult with Eating Disorder provider on call to guide admission for medical stabilization

**Admit patient for medical stabilization**

**Admission Assessment**

**SCOFF Questionnaire**

The SCOFF Questionnaire (Morgan et al., 1999) is a five-question screening tool designed to detect the presence of an eating disorder of any type. A positive score on the SCOFF (≥2) indicates suspicion of an eating disorder, for which further evaluation with an eating disorder specialist is recommended to confirm an accurate diagnosis. The questions may be delivered verbally as part of an overall health evaluation. This tool can be used in the general population to identify people who may be at risk or have an eating disorder.

<b>S</b> - Do you make yourself Sick (throw up) because you feel uncomfortably full?	Y/N
<b>C</b> - Do you worry you have lost Control over how much you eat?	Y/N
<b>O</b> - Have you recently lost more than One stone (approximately 14 pounds) in a 3-month period?	Y/N
<b>F</b> - Do you believe yourself to be Fat when others say you are too thin?	Y/N
<b>F</b> - Would you say you have thoughts and fears about Food and weight that dominate your life?	Y/N

**Scoring:** Each "yes" response to the five yes/no questions on the SCOFF is summed for the total score. Scores of 2 or greater indicate a likely case of an eating disorder (sensitivity: 100 percent; specificity: 87.5 percent). Consult an eating disorder specialist as necessary.