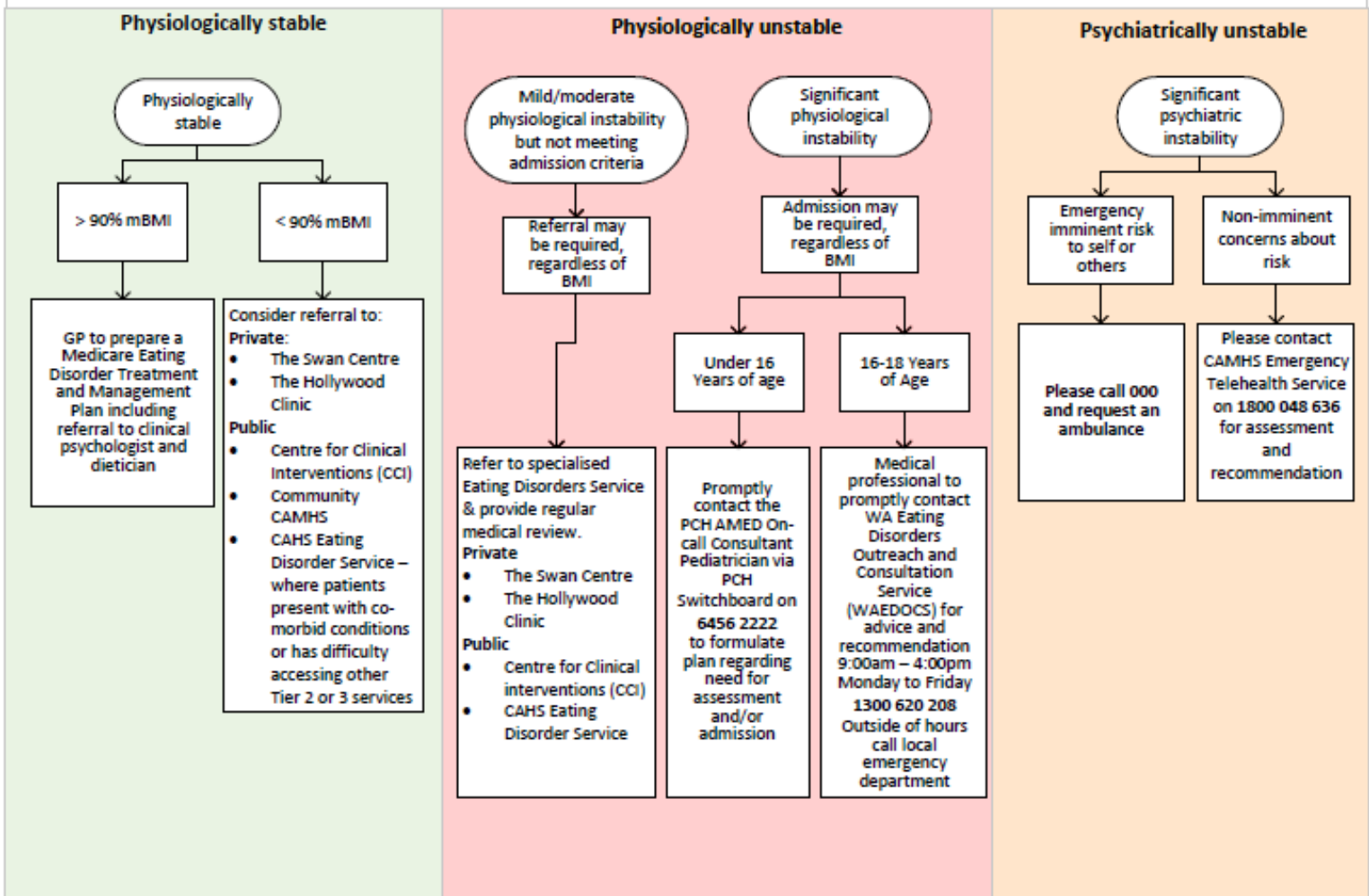


Referral pathways for patients with suspected eating disorders under 18 years of age



Indicators that Admission should be considered

– if patient meets any of the following criteria:

Criteria below are adapted from the RANZCP (2014) and NSW (2014) Guidelines (4,5).

Patients who are not as unwell as indicated here may still require admission.

- Extremely Low Weight** < 70% mBMI
- Rapid weight loss** >1 kg/week over several weeks
- Purging Daily** (uncontrolled and/or medical instability)
- Dizziness & Fainting**
- Temperature** <35.5°C or cold/blue extremities
- Capillary Return** >2 sec
- Blood pressure** postural blood pressure >20 mmHg drop (lying to standing)
- Heart rate** ≤ 50 bpm, postural tachycardia >50 bpm (Increase in >50 bpm from lying to standing)
- ECG** Any arrhythmia including QTc prolongation, nonspecific ST or T-wave changes
- Low Blood sugar** < 3.0 mmol/L
- Significant electrolyte abnormality**

Significant psychiatric instability defined by – if patient meets any of the following criteria:

Patients who are not as unwell as indicated here may still require admission.

- Suicidality with intent**
- Self-harm ideation with intent**
- Acute agitation or distress**

Legend

- mBMI = Median Body Mass Index
- CAHS = Child and Adolescent Health Service
- CAMHS = Child and Adolescent Mental Health Service