## Guidelines for Practitioners: Assessment of Eating Disorders

### Physical Exam
- Full physical
- Weigh backwards (blind weight) on a consistent scale
- Oral temperature
- Supine and standing heart rate/blood pressure
- Respiratory rate
- Check hands/feet for swelling & color

### Laboratory Tests

**For all patients**
- CBC w/diff
- Full thyroid panel (T4, T3, TSH)
- EKG
- Urinalysis; specific gravity, sodium
- DXA Scan
- Complete metabolic profile
- Full chemistry amylase
- Serum Mg/glucose/electrolytes

**For patients w/ >15% below IBW**
- Chest X-Ray
- Complement 3 (C3)
- 24 hr creatinine clearance
- Echocardiogram
- Estradiol level (testosterone in males)
- ANA, amylase, lipase, LH, FSH, prolactin

### Review of Symptoms

**Anorexia Nervosa**
- Weight loss/ low body weight
- Distorted body image
- Dizziness/Fatigue
- Pale/yellowish skin
- Cold intolerance
- Constipation
- Loss of muscle mass
- Loss/delay of menses
- Depression/Anxiety
- Self-injury

**Bulimia Nervosa**
- Bingeing and purging
- Abdominal pain
- Bloating/heartburn/ reflux
- Sore throat
- Abuse of laxatives, diet pills, and/or diuretics
- Self-injury
- Depression/Anxiety
- Feelings of shame and guilt

**Binge Eating Disorder**
- 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

### Physical Findings

**Anorexia Nervosa**
- Low Body Weight
- Hypotension
- Bradycardia
- Hypothermia
- Hypoglycemia
- Amenorrhea
- Lanugo Hair
- Dry Skin
- Hypercarotenemia
- Edema
- Anemia
- Cyanotic extremities

**Bulimia Nervosa**
- Normal or Overweight
- Hypertensive
- Edema
- Electrolyte imbalance
- Dehydration
- Pancreatitis
- Extremity weakness
- Russell's sign
- Dental erosions
- Esophagitis
- Mallory-Weiss tears
- Boerhaave Syndrome

**Binge Eating Disorder**
- Overweight
- Gallbladder disease
- Increased BP
- Increased Cholesterol
- Heart disease
- Type II Diabetes
- Lipid Abnormalities
- 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

### 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. purgo) 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?