

Guidelines for Practitioners: Assessment of Eating Disorders

Physical Exam

<ul style="list-style-type: none"> • Full physical • Weigh backwards (blind weigh) 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

For all patients <ul style="list-style-type: none"> • CBC w/diff • Full thyroid panel (T2, T3, T4, TSH) • EKG • Urinalysis; specific gravity, sodium • DXA Scan • Complete metabolic profile • Full chemistry amylase • Serum Mg/glucose/electrolytes 	For patients w/ >15% below IBW <ul style="list-style-type: none"> • Chest X-Ray • Complement 3 (C3) • 24 hr creatinine clearance • Echocardiogram • Estradiol level (testosterone in males) • ANA, amylase, lipase, LH, FSH, prolactin
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Review of Symptoms

Anorexia Nervosa <ul style="list-style-type: none"> • Weight loss/low body weight • Distorted body image • Dizziness/fatigue • Pale/yellow skin • Cold intolerance • Constipation • Low muscle mass • Loss/delay of menses • Depression/anxiety • Self-injury 	Bulimia Nervosa <ul style="list-style-type: none"> • Bingeing & purging • Abdominal pain • Bloating/heartburn/ reflux • Sore throat • Abuse of laxatives, diet pills, and/or diuretics • Self-injury • Depression/anxiety • Feelings of shame & guilt 	Binge Eating Disorder <ul style="list-style-type: none"> • Loss of control over food intake • No purging behaviors • Weight fluctuations • Eating large amount of food when not feeling physically hungry • Eating much more rapidly than normal • Self-medicates w/food • Secretive eating
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Physical Findings

Anorexia Nervosa <ul style="list-style-type: none"> • Emaciated • Hypotension • Bradycardia • Hypothermia • Hypoglycemia • Amenorrhea • Lanugo hair • Dry skin • Hypercarotenemia • Edema • Anemia • Cyanotic extremities 	Bulimia Nervosa <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Overweight • Gallbladder disease • Increased BP • Increased Cholesterol • Heart Disease • Type II Diabetes • Lipid Abnormalities • Osteoarthritis • Sleep Apnea • PCOS • Kidney Problems • Certain Cancers
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