

Admission Criteria for Children with an Eating Disorder

Outpatient Medical Monitoring For Children with Eating Disorders

If **one or more** of these parameters is met, **urgent medical assessment is required**, regarding need to **hospitalise**.

Area to be assessed	High Alert <i>If one or more these parameters is met urgent medical assessment is required regarding need to hospitalise</i>
Blood Pressure	Systolic <80mmHg Orthostatic changes in blood pressure >20mmHg Syncope
Heart Rate	<50 bpm
Postural Heart Rate	Postural tachycardia >20 bpm
Temp	<35.5C Cold/blue extremities
12-lead ECG	Presence of arrhythmia on ECG prolonged QTc interval >450msec
Blood Sugar	Below normal range (<3.0 mmol/L)
Sodium	<125 mmol/L
Potassium	Below normal range (<3.2 mmol/L)
Magnesium	Below normal range (<0.7 mmol/L)
Phosphate	Below normal range (<0.75 mmol/L)
Chloride	Below normal range (<88mmol/L)
Ketosis	Ketosis
Vomiting	- Oesophageal tears - Intractable vomiting - Hematemesis (blood in vomit)
Psychiatric criteria	- Severe family stress and strain and/or behaviours relating to eating disorder impacting on child/adolescent and family functioning - Suicidality/self harm that is unable to be managed in outpatient setting
Oral Intake	Refusal of oral intake
Fluid Intake	Dehydration/refusing fluid intake
Weight	- Rapid weight loss (>1kg/week avg. over 6 weeks) - Weight loss of >15% of pre-morbid weight in last 3-6 months

📞 For more information, support, and consultation liaison, please contact:
Child and Youth Mental Health Service eating disorder team: (07) 3397 9077

References:

Queensland Health: Assessment and treatment of children and adolescents with eating disorders in Queensland.
https://www.health.qld.gov.au/_data/assets/pdf_file/0040/956569/qh-gdl-961.pdf