

Admission Criteria For Children With An Eating Disorder

Outpatient Medical Monitoring For Children with Eating Disorders

Area to be Assessed	High Alert <i>Urgent medical assessment re need to hospitalise</i>
Weight	Rapid wt loss (>1kg/week avg over 6 weeks) Weight loss of >15% of pre-morbid weight in last 3-6 months
Blood Pressure	Systolic pressure <80mmHg Orthostatic changes in BP (>20mmHg) Syncope
Heart Rate	Resting Pulse <50 bpm Orthostatic changes in pulse (>20bpm)
Temperature	Hypothermia (Temp <35.5° C) Cold/blue extremities
Fluid & Electrolyte Changes	Any electrolyte abnormalities esp. Magnesium (Mg ²⁺), Phosphate (PO ₄ ³⁻) and Potassium (K ⁺) Serum potassium <3.2mmol/L Serum Chloride <88mmol/L Hypoglycaemia
Nutrition	Refusal of oral intake Dehydration/refusing fluid intake Intractable vomiting Hematemesis (blood in vomit) Ketosis
Cardiovascular – ECG	Presence of any Arrhythmia on ECG Prolonged QTc interval >450msec
Psychiatric Criteria	- Severe family stress and strain and/or behaviours relating to eating disorder impacting on child and family functioning - Suicidality/self-harm that is unable to be managed in community setting

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