

## Determining Risk in Patients with an Eating Disorder

A patient is triaged into red, amber or green categories according to specific clinical parameters. This then determines the frequency of further monitoring and whether any action needs to be taken.

| <b>Risk category</b>  | <b>RED</b> | <b>AMBER</b>  | <b>GREEN</b> |
|---|------------|---------------|--------------|
| <b>Nutrition</b>  |            |               |              |
| BMI   | <12        | <13           | ≥13          |
| Weight loss/week  | >1Kg       | >0.5Kg ≤0.5Kg |              |
| Skin breakdown  | +          | redness       | none         |
| Purpuric rash   | +          |               |              |
| <b>Circulation</b>  |            |               |              |
| Systolic BP   | <80        | <90           | ≥90          |
| Diastolic BP  | <50        | <60           | ≥60          |
| Postural drop (sit-stand)   | >20        | >10           | ≤10          |
| Pulse rate  | <40        | <50           | ≥50          |
| <b>Musculoskeletal</b>  |            |               |              |
| Squat test  |            |               |              |
| - Unable to get up<br>Without using arms for leverage                           | +          |               |              |
| - Unable to get up<br>Without using arms for balance                            |            | +             |              |
| Sit-up test   |            |               |              |
| Unable to sit up at all<br>- Unable to sit up<br>Without using arms as leverage | +          | +             |              |
| <b>Temperature</b>  |            |               |              |
|   | <34.5      | <35           | ≥35          |
| <b>Full Blood Count</b>   |            |               |              |
| WBC   | <2.0       | <4.0          | ≥4.0         |
| Neutrophil count  | <1.0       | <2.0          | ≥2.0         |
| Haemoglobin   | <90        | <115          | ≥115 F/114 M |
| Acute haemoglobin drop  | +          |               |              |
| Platelets   | <110       | <150          | ≥150         |
| <b>Biochemistry</b>   |            |               |              |
| Potassium   | <2.8       | <3.5          | ≥3.5         |
| Sodium  | <125       | <133          | ≥133         |
| Magnesium   | < 0.5      | 0.5-0.7 >0.7  |              |
| Phosphate   | <0.5       | 0.5-0.8 >0.8  |              |
| Urea  | >10        | >7.2          | ≤7.2         |
| Bilirubin   | >40        | >19           | ≤19 F/25 M   |
| Alkaline Phosphatase  | >200       | >120          | ≤120         |
| AST   | >80        | >40           | ≤40          |
| ALT   | >90        | >34           | ≤34 F/45 M   |
| GGT   | >90        | >38           | ≤38 F/55 M   |
| Albumin   | <32        | <35           | ≥35          |
| Creatinine Kinase   | >250       | >145          | ≤145         |
| Glucose   | <2.5       | <3.5          | ≥3           |