

## Medical Monitoring of Eating Disorder Patients

SYSTEM	Test or Investigation	Concern	Alert
Nutrition	BMI	<14	<12
	Weight loss per week	>0.5kg	>1.0kg
	Skin Breakdown	>0.1cm	>0.2cm
	Purpuric		+
Circulation	Systolic BP	<90	<80
	Diastolic BP	<70	<60
	Postural drop (sit –stand)	>10	>20
	Pulse Rate	<50	<40
	Extremities		Blue/ cold
Musculo-skeletal (squat Test Sit up test)	Unable to get up without using arms for balance	+	
	Unable to get up without using arms as leverage		+
	Unable to sit up without using arms as leverage	+	
	Unable to sit up at all		+
Temperature		<35C	<34.5
Bone Marrow	White blood count	<4.0	<2
	Neutrophil count	<1.5	<1.0
	Haemoglobin	<11	<9.0
	Acute Hb drop (MCV and MCH raised – no acute risk)		+
	Platelets	<130	<110
Salt /water balance	K+	<3.5	<3.0
	Na+	<135	<130
	Mg++	<0.7	<0.5
	PO4--	<0.8	<0.6
	Urea	>7	>10
Liver	Bilirubin	>20	>40
	Alkaline phosphatase	>110	>200
	Aspartate transaminase (AST)	>40	>80
	Alanine transaminase (ALT)	>45	>90
	GGT	>45	>90
Nutrition	Albumin	<35	<32
	Creatine Kinase	>170	>250
	Glucose	<3.5	<2.5
ECG	Pulse rate	<50	<40
	Corrected QT intervals (QTC) msec		>450
	Arrhythmias		+

Unless otherwise agreed, the GP is responsible for the medical monitoring of outpatients and community patients; Cotswold House Marlborough will monitor inpatients and day patients. Our general recommendation is for patients to have blood tests fortnightly; weekly tests may be necessary if results are deteriorating or there is significant vomiting or laxative abuse, less frequent tests may be adequate if the patient is stable or improving.

If results fall into the Concern or Alert ranges, please contact [eatingdisordersadvice@oxfordhealth.nhs.uk](mailto:eatingdisordersadvice@oxfordhealth.nhs.uk) or call 01672 517555 for advice.