

**Specialist Eating Disorders Service (SEDS)
And
Infant, Child & Adolescent Mental Health Service (ICAMHS)**

GP Information

REGULAR MONITORING of Eating Disorders

We would recommend that clients with an eating disorder diagnosis should have regular medical monitoring for any physical complications of the eating disorder.

- Ask about **food and fluid intake**
- Ask about **compensatory mechanisms**
 - vomiting,
 - laxatives,
 - diuretics,
 - appetite suppressants,
 - excessive exercise
- Ask about **general health & symptoms suggesting life threatening complications**
 - Dizziness, faints or blackouts
 - Chest pain
 - Palpitations
 - Shortness of breath
 - Fatigue
 - Muscle weakness or cramps
 - Headaches or confusion
- **Physical examination**
 - Weigh and calculate BMI
 - Temperature
 - Check general state of hydration
 - Postural blood pressure & pulse (lying & standing)
 - Observe general mobility- ability to stand from sitting or from squatting

 - Cardiovascular and abdominal examination if indicated by history or exam
 - ECG if indicated by history or exam
- **Monitor bloods**
 - Renal function
 - Electrolytes: potassium, sodium, magnesium, phosphate, calcium
 - Bicarbonate (if a question of purging)
 - CBC
 - Liver function, Protein, albumin
 - B12 / folate

 - Any anomalies indicated

If you are uncertain about the implications of these with regard to eating disorders please call the SEDS team.