



Could your patient have an Eating Disorder?

WAEDOCS Clinicians Guide for Assessing Medical Risk

General

- **HYPOTHERMIA**
- **DEHYDRATION**
- **COLLAPSE**
- Cyanosis of the extremities
- Peripheral oedema

Ear, Nose, Throat (ENT)

- Dental caries
- Gingivitis
- Parotid enlargement

Respiratory

- Pneumonia
- Effusions

Integumentary System

- Dry skin
- Brittle nails
- Dry hair
- Lanugo
- Dorsal finger callouses (Russel's sign)

Skeletal

- Osteoporosis / Non-union fractures
- Bone pain / deformity
- Muscle weakness

Haematological

- **HYPOKALAEMIA**
- **ANAEMIA**
- Neutropenia
- Deranged electrolytes / LFTs

Have you measured?

- Weight
- Height
- BMI (=weight + height²)
- HR/BP (postural)
- Temperature

Evidence of Starvation

- **WEIGHT LOSS**
- **HYPOTENSION**
- Malnourished
- Underweight
- Early satiety

Central Nervous System (CNS)

- **POOR INSIGHT**
- **IRRITABILITY**
- **COGNITIVE RIGIDITY**
- **IMPAIRED COGNITION**
- Preoccupation with food / bowels
- Delirium
- Seizures

Cardiovascular (CVS)

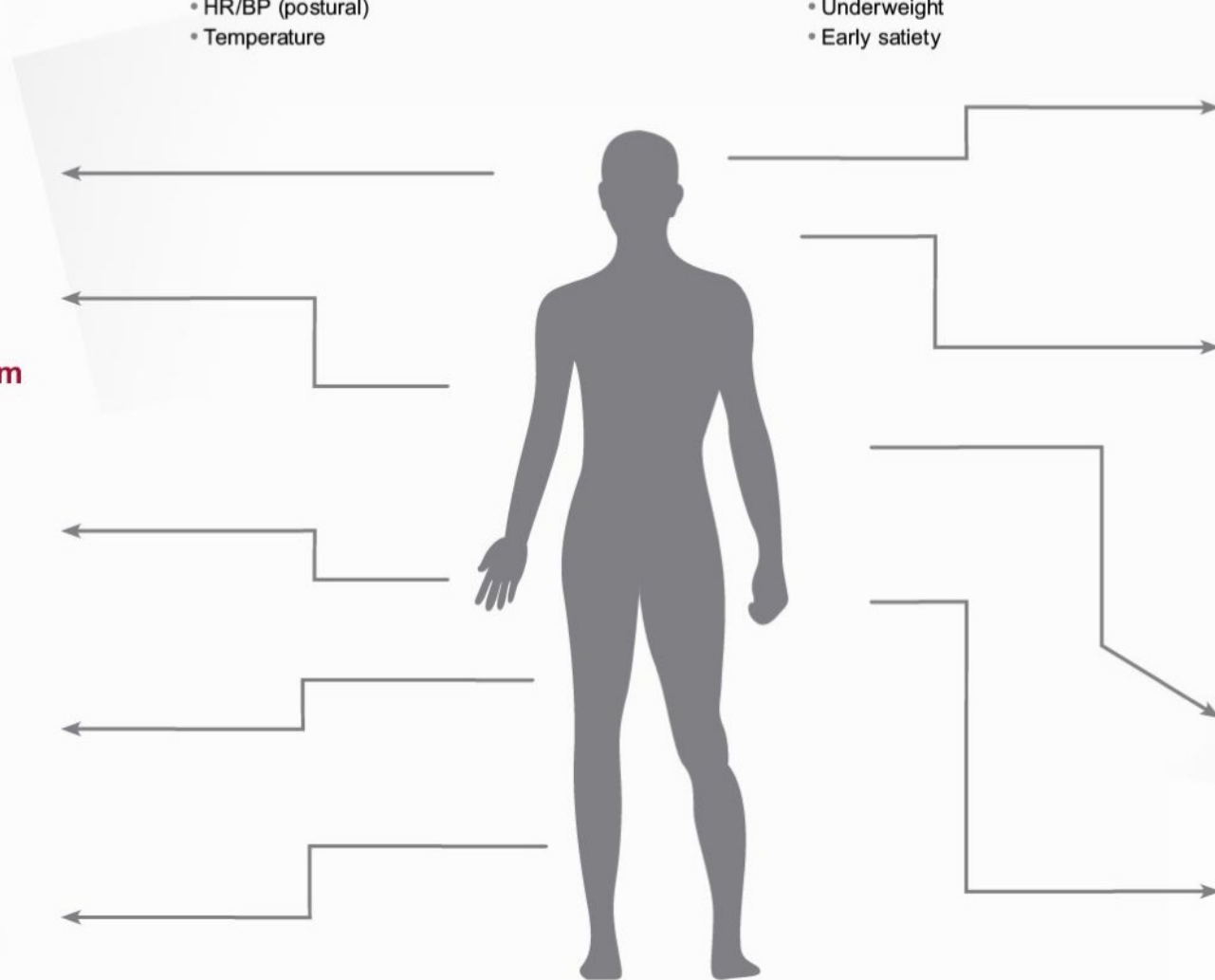
- **POSTURAL TACHYCARDIA**
- **HYPOTENSION**
- **BRADYCARDIA**
- **ARRHYTHMIAS +/- PROLONGED QTC INTERVAL**
- Cardiac Failure

Gastrointestinal / Renal / Hepatic

- **RECURRENT VOMITING / PURGING**
- Oesophageal tears
- Abdominal distension
- Constipation / Diarrhoea
- Rectal prolapse
- Chronic renal impairment, stones
- Liver impairment

Endocrine

- **HYPOGLYCAEMIA**
- Thyroid abnormalities
- Amenorrhoea / Anovulation



Note: Signs and symptoms above in bold are the most common indicators