



Indicators for Admission for Nutrition Restoration

Two (2) or more criteria are required and to be considered in context of the overall clinical picture prior to MAU referral.

Indicator	Criteria
Rapid weight loss and/or low body weight	<ul style="list-style-type: none"> Loss of greater than 1kg/week over several weeks; OR Grossly inadequate nutrition intake (<1000kcal/day) for > 2 days; OR Body Mass Index (BMI) <14kg/m² or <75% ideal body weight
Purging	<ul style="list-style-type: none"> Daily (uncontrolled; sufficient to cause distress and/or medical instability)
Blood Pressure (BP)	<ul style="list-style-type: none"> Less than 90mmHg; OR Postural BP greater than 10mmHg drop (lying to standing)
Heart Rate	<ul style="list-style-type: none"> Equal to less than 40 beats per minute (bpm) or greater than 120bpm%; OR Postural tachycardia greater than 20bpm* <i>(i.e. increase in heart rate greater than 20bpm from lying to standing)</i>
Electrocardiogram (ECG)	<ul style="list-style-type: none"> Any arrhythmia including QTc prolongation, non-specific ST or T-wave changes, including inversion or biphasic waves
Blood Sugar	<ul style="list-style-type: none"> Below normal range – i.e. less than 4.0mmol/L and/or documented from GP/referring clinic
Sodium	<ul style="list-style-type: none"> Less than 130mmol/L
Potassium	<ul style="list-style-type: none"> Below normal range*
Magnesium	<ul style="list-style-type: none"> Below normal range*
Phosphate	<ul style="list-style-type: none"> Below normal range*
Albumin	<ul style="list-style-type: none"> Below normal range*
Liver enzymes	<ul style="list-style-type: none"> Mildly elevated
Neutrophils	<ul style="list-style-type: none"> Less than 1.5x10⁹/L
Temperature	<ul style="list-style-type: none"> Less than 35.5°C OR cold/blue extremities
Psychiatric Concerns	<ul style="list-style-type: none"> Significant psychiatric risk such as deliberate self-harm or suicidal ideation. Moderate-high agitation and/or distress.&

%Adolescents: less than 50bpm
*To be considered in context of the overall clinical picture
&In addition to the physical parameters above which argue for medical admission.

Adapted from the Western Australian Eating Disorder Outreach & Consultation Service (WAEDOCS) and RANZCP (2014) guidelines.

