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Goals of Medical Stabilization

- Acute physiological stabilization

Goals of Nutritional Rehabilitation

- Begin weight restoration by advancing daily nutritional and fluid needs
- Begin interruption of eating disorder behaviors

Patient admitted for medical stabilization with concern for eating disorder (6 Henson)

Inpatient Admission Assessment - Primary Inpatient Team

• Obtain

- Blind height and weight
Pt standing backwards in 2 hospital gowns and underwear/bra
- Full vital signs including temperature, orthostatic heart rate and blood pressure

• Ask

- Detailed dietary history and whether weight loss was intentional
- Last menstrual period
- Current or past body image or weight concerns

• Baseline assessment

- Cardiovascular stability
- Acute/chronic gastrointestinal complaints
- Neurological abnormalities
- Safety concerns

Is an underlying eating disorder still a concern?

No

Off Guideline

Yes

Consult Eating Disorder team (via Cerner or Web OnCall)

Does Eating Disorder team agree with assessment?

No

Off Guideline

Yes

Initiate Power Plan for Inpatient Eating Disorder

Orientation/Education

RN/Care Assistant Upon Admission:

- Orient family to unit and policies
- Provide inpatient eating disorder booklet

Eating Disorder Team Within 24 hours:

- Provide education on
 - Eating disorders
 - Malnutrition
 - Hospital course (*potential for Nasal Gastric tube with refusal of food*)
 - Discharge planning

Orders and Studies upon admission

- **Electrocardiogram (EKG)** (if not completed prior to admission)
- **Place** on fall risk
- **Place** on bed rest - hospital staff to monitor bathroom use
- **Order** initial meal plan per eating disorder team's recommendation

Initial Labs and Studies

(if not completed in Children's Mercy ED/UCC/Ambulatory area today)

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| <ul style="list-style-type: none"> • Point of Care blood glucose • Complete blood count with differential • Basic metabolic panel • Magnesium • Phosphorus • Liver function tests | <ul style="list-style-type: none"> • Iron studies • Amylase • Lipase • Vitamin D deficiency • Urinalysis • Thyroid-stimulating hormone |
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[Nutritional Rehabilitation](#)