

# Guideline for Eating Disorders

This guideline gives general guidance only and cannot replace clinical judgement in individual cases.

## RECOGNITION

Consider screening any young woman presenting with dieting or weight concerns or psychological, gastro-intestinal, or gynaecological complaints. Also screen when parents express concerns about a child or adolescent.

Use the "SCOFF" questions to identify possible cases of eating disorder.

- Do you make yourself **S**ick because you feel uncomfortably full?
- Do you worry you have lost **C**ontrol over how much you eat?
- Have you recently lost more than **O**ne stone in a 3 month period?
- Do you believe yourself to be **F**at when others say you are too thin?
- Would you say that **F**ood dominates your life?

**Score one point for every "yes"; a score of 2 or more indicates a likely case of eating disorder**

## ASSESSMENT

Weight \_\_\_\_\_ Height \_\_\_\_\_ BMI \_\_\_\_\_ Menstruation \_\_\_\_\_

	No	Yes	Frequency	
			Per day	Per week
Missing meals				
Restricting meals				
Binge eating				
Vomiting				
Laxatives				
Diuretics				
Excessive exercise				
Substance misuse (specify)				

**Mental state including depression, self harm, anxiety, obsessional behaviour etc.**

**Physical examination and appropriate investigations:**

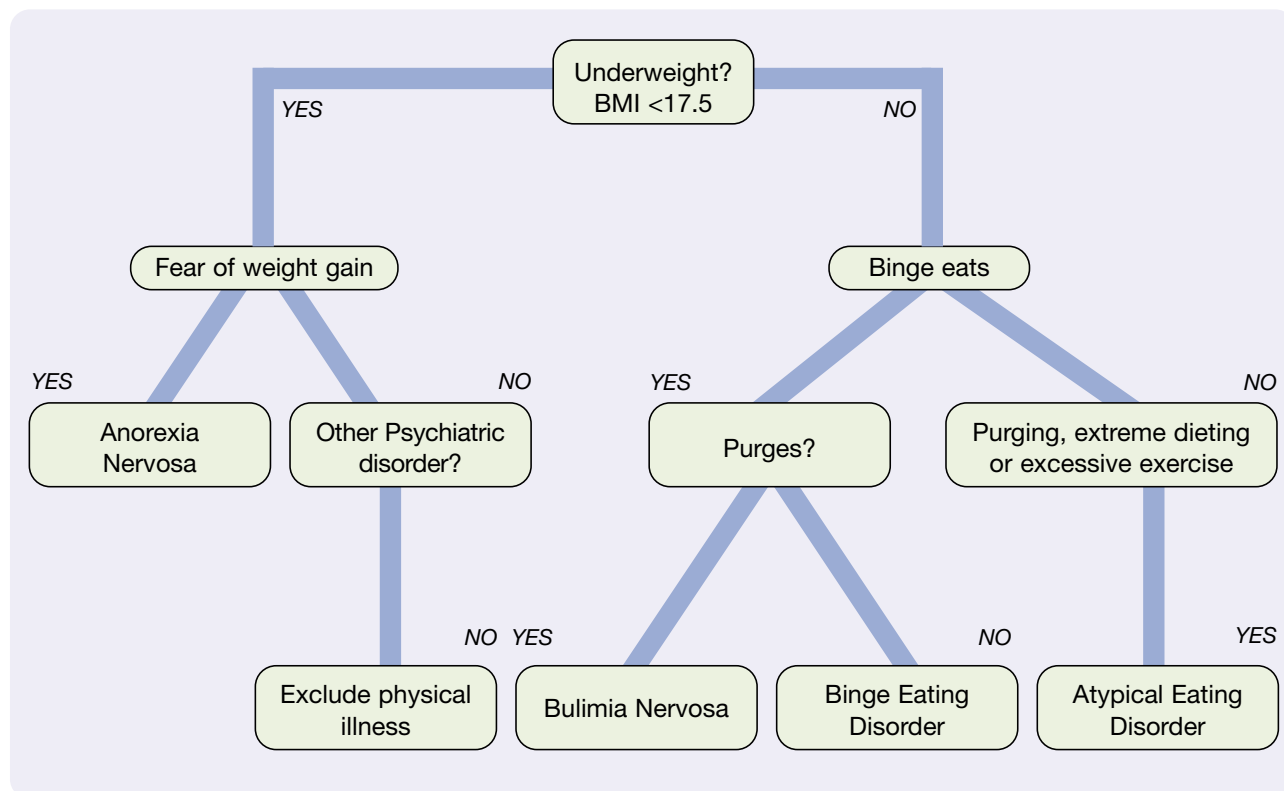
- FBC (haemoglobin) if very poor diet or low weight.
- U&E (if vomiting at least twice per day or severe laxative or diuretic abuse). Blood tests do not necessarily reveal the true clinical picture.
- ECG (if low weight, severe purging or chest pain). Prolonged QT interval is a risk factor for sudden death.
- Dental examination if vomiting.
- Amenorrhoea >1 year: refer to Osteoporosis Clinic.

**And also for Anorexia Nervosa:**

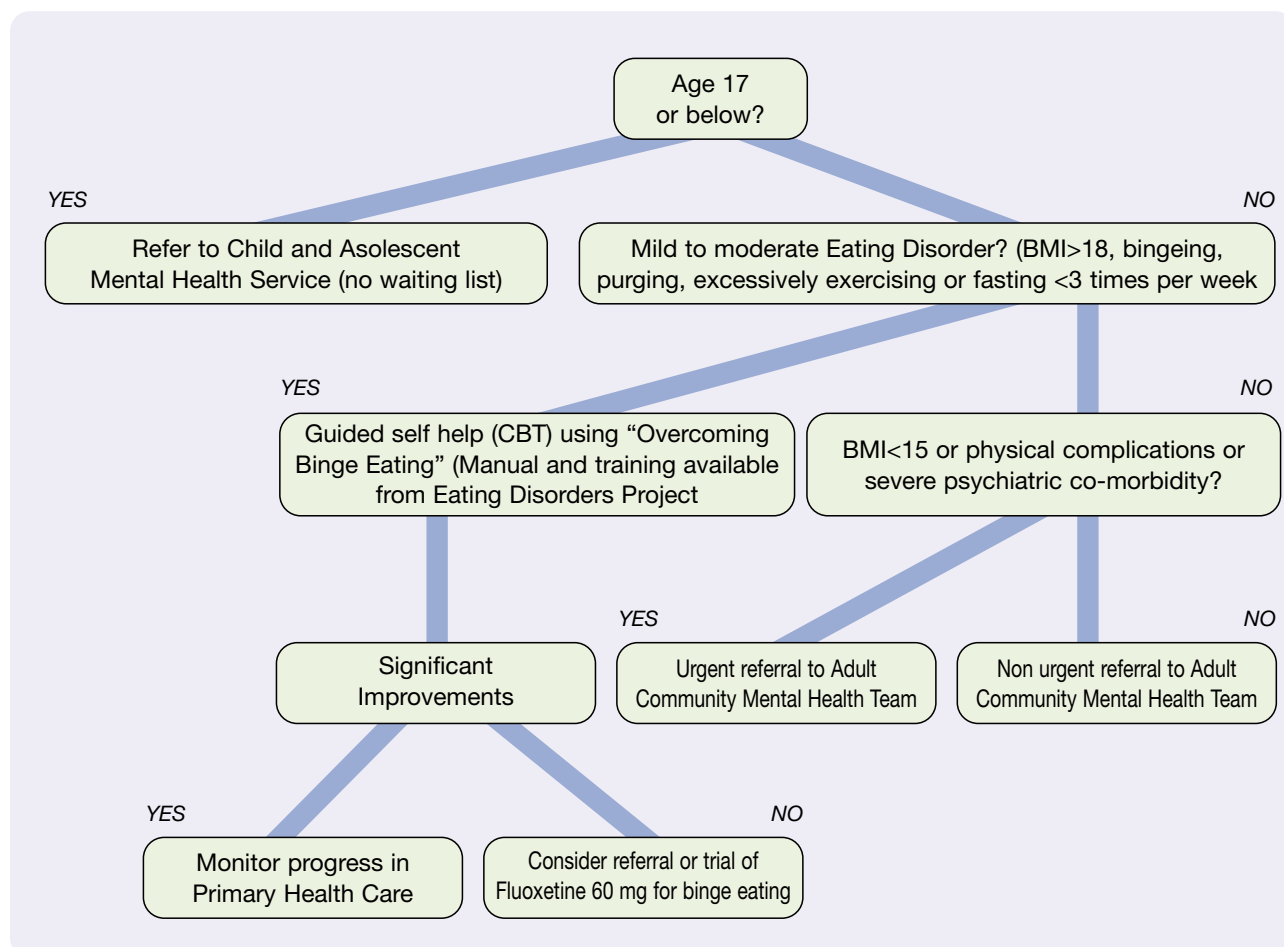
- TFT, blood glucose, LFT and protein.
- Arrange assessment by a paediatrician for children below age 14.
- If low weight, test for proximal myopathy by asking patient to stand from a squat and sit up from supine position without using their hands. Inability to do so requires consideration of hospital admission.

1 Morgan J, Reid F & Lacey H (1999) "The SCOFF questionnaire: assessment of a new screening tool for eating disorders. British Medical Journal, 319, 1467-8.

## DIAGNOSIS - Eating Disorders



## INITIAL MANAGEMENT AND REFERRAL - Eating Disorders



## USEFUL BOOKS

- **For adults with Bulimia Nervosa, Binge Eating Disorder or an Atypical Eating Disorder** *"Overcoming Binge Eating"* by Christopher Fairburn. The Guilford Press.
- **For adults with Anorexia Nervosa or their carers** *"Anorexia Nervosa - The Wish to Change"* by A Crisp, N Joughin, C Halek, & C Bowyer. Psychology Press.  
*"Anorexia Nervosa - A Survival Guide for Families, Friends and Sufferers"* by Janet Treasure. Psychology Press.
- **For parents of children and adolescents:** *"Eating Disorders - A Parents' Guide"* by Rachel Bryant-Waugh & Bryan Lask. Penguin.

## USEFUL SUPPORT

- **Eating Disorders Project Helpline** 01452 891206.
- **Eating Disorders Association** 01603 621414 (< age 19 Youth Helpline 01603 765050 4pm-6pm).
- **Eating Disorders Association Support Group** meets first Tuesday of each month at the Brownhill Centre, 121 Swindon Road, Cheltenham. Open to sufferers and carers.

