



Highest Standards of Care

## Standards of Excellence of Medical Care for People with Eating Disorders

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### Residential Program Guidelines:

- We strongly recommend that Residential Programs establish a working relationship with a hospital and/or physicians who are trained to do an appropriate medical evaluation for patients with serious Eating Disorders.
- We do not recommend admission to a Residential Program for a patient at 62% or below Ideal Body Weight, without first being thoroughly evaluated and/or admitted at a medical facility.
- We do not recommend admission to a Residential Program for a patient at 70% or below Ideal Body Weight, if that Residential Program does not offer 24/7 nursing care.
- We recommend an EKG prior to or immediately upon Admission.

Certain other findings in patients with eating disorders strongly suggest the need for a medical hospital admission and evaluation. These include:

- Serum potassium level < 2.6 mg/dl
- Serum bicarbonate level  $\geq$  36 mg/dl
- Serum sodium level < 125 mg/dl
- Heart Rate < 40 (adults) or <45 (child and adolescent)
- EKG rhythm other than sinus or QTc >490 msec

### Note:

1. Patients who have had extensive rapid weight loss must be evaluated more carefully even when their current weight is not at the concerning percentages listed above.
2. Patients who have been hospitalized in a medical hospital for a substantive amount of time, and whose EKG, labs and eating disorder medical condition have stabilized, might also be considered for direct admission to a residential program if their weight is within 5% of the aforementioned 62% IBW limit.

**These are recommendations; there is no substitute for medical judgment.**