

# Paediatric Eating Disorders : Early risk management following admission

Cork University Hospital

(Ref: J MARSIPAN guidelines 2012, MARSIPAN CHECKLIST, 2015, SAHM guidelines 2015)

Name:

DOB:

MRN:

Date:

Assessment:	Y / N	Initial Medical Management	Y / N	Next Steps:	Y / N		
<b>1. Does the patient have an eating disorder? If so, which one?</b>		<b>REFEEDING PLANNING</b>		14. (J. )MARSIPAN/ team members identified/ aware of admission: •Paediatrics: •Psychiatry: •Dietetics: •Nursing: • Other e.g. Key clinician (MHS):			
		4. Is intensive medical stabilisation/ inpatient refeeding needed?					
<b>2. Are there significant physical risk Factors? (MARSIPAN red/amber- see detailed risk form if needed)</b> •BMI< 13 (adult) or < 70 if under 18* •Recent loss > 1kg/week* •Little or no nutrition >5 days* •Acute food refusal or >500 kcal/ day for 2+ days* •Pulse <40 •BP low/ postural dizziness •Core temp <35 •NA < 130mmol/L* •K <sup>+</sup> <3.0 mmol/L* •Low PO <sub>4</sub> * •Mg <sup>2+</sup> •Glucose <3mmol/L •Raised transaminases •Raised urea or creatinine •ECG: bradycardia, QtC >450ms/ tachycardia •Significant physical comorbidities (e.g. Infection, haematemesis)?* •Wcc		5. Capacity to consent/ assent established? legal		15. First J. MARSIPAN MDT meeting arranged for (date):			
		6. Consenting to oral refeeding? Established boundaries				16. MARSIPAN GUIDELINES on ward	
		7. Which hospital refeeding plan ?					
		8. Is NG needed? ED / CAMHS Consultation?		<b>START SUPERVISED REFEEDING ASAP</b>		18. Any risk Behaviours identified?:	
		9. Is special nursing needed? Monitoring mealtime/ parents?					
		10. Daily bloods x 5 days (highest risk of refeeding syndrome is first 5-10 days)		19. First care plan agreed and recorded (see form)			
		11. Input/ output monitoring					
		12. Twice weekly weights (aim 0.5-1kg weight gain per week)		20. Feedback to family/ clinician contact			
		13. Oral thiamine needed? Phosphate?					
		<b>3. Is the Risk of Refeeding syndrome high ? (<i>any items with * above</i>)</b>		21. Next meeting date made (at least weekly)			