

Eating Disorder Resource for Practitioners

Screening Questions (SCOFF Questionnaire)

- Do you make yourself **Sick** because you feel uncomfortably full?
- Do you worry that you have lost **Control** over how much you eat?
- Have you recently lost more than **One** stone (14 lbs) in a 3-month period?
- Do you believe yourself to be **Fat** when others say you are thin?
- Would you say that **Food** dominates your life?

Answering “yes” to two or more would warrant further assessment. To refer, call Parkview Behavioral Health Institute Eating Disorder Program at 260-481-2700 and request an eating disorder assessment.

Physical Exam

- Full physical
- Weigh backwards (blind weight) and don't include on handouts to the patient
- Oral temperature
- Supine and standing heart rate/blood pressure
- Respiratory rate
- Check hands/feet for swelling and color

Laboratory Tests

- CBC with diff
- EKG
- Urinalysis; specific gravity, sodium
- CMP with magnesium and phosphorus
- Vitamin D
- TSH thyroid test
- DEXA scan (as needed)
- Echocardiogram (as needed)
- Estradiol level (female) and testosterone level (male)
- Prolactin

To refer or consult on a patient, call the Parkview Behavioral Health Institute Eating Disorder Program at 260-481-2700 and request an eating disorder assessment.



PARKVIEW

BEHAVIORAL HEALTH INSTITUTE

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Review of Symptoms

Binge Eating Disorder

- Loss of control over food intake
- No purging behaviors
- Weight fluctuations
- Eating large amounts of food when not feeling physically hungry
- Eating much more rapidly than normal
- Self-medicating with food
- Secretive eating
- Depression/anxiety
- Feelings of shame and guilt

Bulimia Nervosa

- Bingeing and purging (via vomiting, laxatives, exercise, diet pills, and/or fasting)
- Abdominal pain
- Heartburn/reflux
- Seizures
- Swelling after purging ceases
- Sore throat
- Depression/anxiety
- Feelings of shame and guilt

Anorexia Nervosa

- Weight loss
- Distorted body image
- Dizziness/fatigue
- Pale, yellowish skin
- Cold intolerance
- Dysphagia
- Gastroparesis
- Heart rate abnormalities
- Constipation
- Fragility fractures
- Loss/delay of menses
- Depression/anxiety
- May also binge and/or purge

Possible Physical Findings

Binge Eating Disorder

- Gallbladder disease
- Hypertension
- Hypercholesterolemia
- Heart disease
- Type II diabetes
- Osteoarthritis
- Sleep apnea
- PCOS
- Kidney problems
- Certain cancers

Bulimia Nervosa

- Edema
- Dehydration
- Cardia arrhythmia
- Russell's sign
- Dental erosions
- Swollen salivary glands
- Esophagitis
- Mallory-Weiss tears
- Boerhaave syndrome
- Rectal prolapse

Anorexia Nervosa

- Hypotension
- Bradycardia
- MVP
- Hypothermia
- Hypoglycemia
- Amenorrhea
- Hair loss (scalp)
- Lanugo hair (body)
- Edema
- Cyanotic extremities
- Pressure sores

Referrals

Parkview Behavioral Health Institute Eating Disorder Program offers: eating disorder assessment and treatment for children, adolescents and adults; counseling and nutrition services; medical monitoring; medication management.

To refer, call 260-481-2700 and request an eating disorder assessment.

With extreme gratitude to The Alliance for Eating Disorders Awareness for included information. allianceforeatingdisorders.com