

Guidelines in the Assessment of Eating Disorders

EDCare is a specialized eating disorder treatment center that provides care for patients suffering from anorexia, bulimia, binge eating, and other related disorders.

Services include partial hospitalization, day and evening intensive outpatient, and outpatient programs. Most insurances are accepted, and free confidential assessments are provided.

Screening questions for clinicians to consider:

- Do you worry you have lost control over how much you eat?
- How many times do you binge, purge, or restrict per week?
- How often do you weigh yourself?
- How often do you exercise? For how long?
- How do you feel about your shape and weight?
- How frequently do you use laxatives, diet pills, diuretics, Ipecac syrup, and prescription medications?

Symptoms:



Depression, anxiety, suicidality



Stress fractures (from over-exercising)



Fatigue, sleep disturbances



Dizziness, fainting, weakness



Cold intolerance, loss of muscle mass



Frequent urination, loss of menses



Brittle hair and nails, puffy cheeks



Self injury

When to refer someone for an assessment:

- Decreasing ability to function in daily responsibilities
- Loss of control over eating disorder behaviors
- Rapid or persistent decline in food intake
- Significant changes in weight over a short period of time
- IBW < 90%



EDCare 
www.eatingdisorder.care



DSM-5-TR diagnostic criteria for the most commonly treated eating disorders:



Anorexia Nervosa

- Persistent restriction of nutrition leading to significantly low body weight
- An intense fear of gaining weight or becoming fat, or persistent behavior that interferes with weight gain
- Disturbance in the way one's body weight or shape is experienced

Bulimia Nervosa

- Recurrent episodes of binge eating. An episode of binge eating is characterized by both of the following:
 1. Eating, in a distinct period of time, an amount of food that is larger than most people would eat during a similar period of time and under similar circumstances
 2. A sense of lack of control over eating during the episode
- Recurrent inappropriate compensatory behavior such as self-induced vomiting; misuse of laxatives, diuretics, or other medications; fasting; or excessive exercise
- The behaviors occur at least once a week for 3 months

Avoidant/Restrictive Food Intake Disorder (ARFID)

An eating or feeding disturbance (e.g., apparent lack of interest in eating or food; avoidance based on the sensory characteristics of food; concern about aversive consequences of eating) as manifested by persistent failure to meet appropriate nutritional and/or energy needs. There is no evidence of a disturbance in the way in which one's body weight or shape is experienced.

Binge Eating Disorder

- Recurrent episodes of binge eating. An episode is characterized by both:
 1. Eating a large amount of food in a window of time, that is more than most people eat during a similar period of time, under similar circumstances
 2. Lack of control during the eating episode
 3. Binge eating occurs, on average, at least 1x per week for 3 months
- Binge eating episodes are associated with 3 or more of the following:
 1. Eating much more rapidly than normal
 2. Eating until feeling uncomfortably full
 3. Eating large amounts of food when not physically hungry
 4. Eating alone due to embarrassment
 5. Feeling disgusted with oneself, depressed, or guilty afterward

Other Specified Feeding or Eating Disorder (OSFED)

- A person must present with feeding or eating behaviors that cause clinically significant distress and impairment in areas of functioning but do not meet the full criteria for any of the other feeding and eating disorders.

All patients need to be medically stable prior to admission.

Call for more information.



EDCare patients work with a carefully selected multidisciplinary treatment team of board-certified eating disorder experts to create treatment plans unique to their individual needs.

If you have questions or would like to consult about a patient, contact a center near you.

Free Confidential Assessments

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EDCare Kansas City

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EDCare Omaha

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