

Scavenger Hunt for Eating Disorder Clinic Wisdom

1. You are seeing a 13 yo male today who is new to the clinic. He lost 30 # over the last 2 months by severely restricting his calorie intake to about 300-500 calories per day and exercising for 1-2 hours per day. When his parents told him 2 days ago that he needed to see a doctor, he started eating A LOT more—parents estimate he is eating about 3500 calories/day in the last 2 days. He appears tired and weak today in clinic. Your attending mumbles something about refeeding syndrome and goes to find the MA to draw STAT labs.
 - How does refeeding syndrome work and what labs do you need to draw right now?
Search tips: <http://www.uptodate.com/contents/anorexia-nervosa-in-adults-and-adolescents-the-refeeding-syndrome>,
http://www.hopkinsmedicine.org/gim/_pdf/consult/refeeding_syndrome.pdf
2. A 15 yo female has made progress with weight gain over the last month with therapy and medical care. She is now about 89% median body weight. She has not had menses in the last 6 months. You review the results of her hormone tests from one month ago.
 - Come up with a differential diagnosis for secondary amenorrhea in an adolescent.
 - What lab tests would you have ordered a month ago?
 - Her mom wonders when to expect resumption of menses. What do you tell her?
Search Tips:
<http://pedsinreview.aappublications.org/content/pedsinreview/34/1/6.full.pdf>, <http://www.jeatdisord.com/content/1/1/12>,
<http://www.macpeds.com/documents/ResumptionofMensesinAnorexiaNervosa.pdf>
3. People keep making references to FBT (Family Based Therapy) during clinic today.
 - What is FBT?
 - Is there evidence comparing outcomes in adolescents with eating disorders who do FBT compared to other therapy approaches?
Search Tips: <https://onlinelibrary.wiley.com/doi/epdf/10.1002/eat.22042>,
<http://www.maudsleyparents.org/whatismaudsley.html>
4. You talk to the father of a patient who is really struggling with the idea of his daughter having a disorder, he thinks it might just be a “temporary eating phase.” His daughter’s heart rate is 37bpm in clinic today and she is at 71% median body weight. Hospitalization for medical stabilization is recommended but her father thinks the recommendation “is a bit extreme.”
 - What are the medical complications associated with eating disorders and what is the mortality rate?
Search Tips: <http://www.nimh.nih.gov/about/director/2012/spotlight-on-eating-disorders.shtml>, <http://www.sciencedirect.com/science/article/pii/S1054139X03002659>

