

Refeeding Flowchart for Children & Adolescents who present medically unstable

Children and adolescents with an eating disorder are at great risk of medical complications, in particular those presenting with Anorexia Nervosa. It is therefore essential to have efficient and timely medical assessment and subsequent treatment commenced. The cause of medical complications can be due to weight loss, the rapidity of the weight loss and the compensatory behaviours that may be being used.

Medically instability for the purpose of this document is defined as:

- Heart Rate < 50 min
- Temperature < 35.5 C
- Blood Pressure < 80/40

If a person presents dehydrated then this needs to be taken into consideration with their observations i.e. a persons heart rate will be higher when dehydrated however when it is corrected their observations will be lower.

