



Clinical Care Guidelines for: Eating Disorders

OBJECTIVE

Eating disorders affect large numbers of people, the majority of whom are women. This guideline will provide a framework for the diagnosis and treatment of eating disorders.

DIAGNOSIS & ASSESSMENT

MEETS DSM-IV-TR DIAGNOSTIC CRITERIA FOR:

- Anorexia Nervosa
- Bulimia Nervosa
- Eating Disorder NOS
- Binge Eating Disorder is not included in the DSM-IV-TR but was recently recognized as a disorder

EVALUATION

- A psychiatric evaluation to assess for comorbid depression, anxiety disorders, chemical dependency, or personality disorders
- Assess for medical problems
- Complete a family assessment
- Complete a dental assessment
- Assess for suicidal ideation/intent
- Determine level of care: outpatient, acute inpatient, partial, residential

TREATMENT

MEDICATION MANAGEMENT

Medication should not be used as the sole or primary treatment.

SSRIs/SNRIs have support in the literature for treating anorexia but the effectiveness varies with the phase of the illness.

For bulimia, Fluoxetine is the only FDA approved medication for treatment.

Need to monitor medical status: blood chemistry, bone health, toxicology, GI conditions.

The goals of the treatment are to:

1. Restore patients to a healthy weight
2. Restore healthy eating patterns
3. Treat or remediate physical complications
4. Address dysfunctional behavioral regulation
5. Improve associated psychological difficulties
6. Enlist family support
7. Prevent relapse

THERAPY

- Nutritional Counseling
- Family Counseling
- Cognitive Behavioral Therapy
- If patient is discharged from inpatient hospitalization, patient needs to be seen in an outpatient setting, intensive outpatient setting or partial hospitalization by a behavioral health provider within 7 calendar days.

REFERENCES

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