SCREENING and DIAGNOSIS

SCREEN using Modified ESP

- Are you concerned with your eating patterns?
- Do you ever eat in secret?
- Does your weight affect the way you feel about yourself?
- Have any members of your family suffered from an eating disorder?

≥2 “yes” responses

ASSESS patient
(history, physical exam, labs, MHI consult)

Meet DSM-5 diagnostic criteria?

yes

Medical instability or danger risk?

yes

EVALUATE severity and TREAT on continuum (see back of card)

0–1 “yes” responses

Consider further evaluation or screen at future appointments

Disordered eating; outpatient monitoring and follow-up

Emergency treatment; consider medical or mental health admit

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Not intended to replace physician judgment with respect to individual variations and needs.
# TREATMENT

## Eating disorder diagnosis

### TREAT on a continuum

<table>
<thead>
<tr>
<th>Treatment levels</th>
<th>Level 1: PCP with MHI</th>
<th>Level 2: Multidisciplinary team</th>
<th>Level 3: ED/inpatient</th>
<th>Level 4a: Residential</th>
<th>Level 4b: Intensive outpatient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medically stable</td>
<td>Unstable</td>
<td>Stable</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No comorbid psych diagnoses/risk of danger</td>
<td>≥1 comorbid psych diagnoses</td>
<td>Risk of danger to self or others</td>
<td>≥1 comorbid psych diagnoses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Screen positive; does not meet diagnostic criteria</td>
<td>Meets diagnostic criteria for anorexia nervosa, bulimia nervosa, binge-eating disorder, or other eating disorder</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>BMI within acceptable limits for age</td>
<td>Persistent weight loss; BMI &lt;18</td>
<td>Weight &lt;75% IBW*; rapid weight loss</td>
<td>75% to 80% IBW</td>
<td>85% to 90% IBW</td>
<td>Unable to achieve prescribed weight; uncontrolled symptoms</td>
</tr>
<tr>
<td>Function not impaired</td>
<td>Function somewhat impaired</td>
<td>Function and social support N/A</td>
<td>Cannot function in environment</td>
<td>Function improved</td>
<td></td>
</tr>
<tr>
<td>Good social support</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Poor social support</td>
</tr>
</tbody>
</table>

*Treatment level transitions as condition worsens or resolves*

*IBW = ideal body weight*

## After condition resolves, ongoing PCP awareness and support

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