

## Indications for Hospitalization: Children and Adolescents

*Adapted From Society for Adolescent Medicine  
Position Paper (2003) & APA Practice Guideline  
for the Treatment of Patients with Eating Disorders  
(2006)*

1. Weight loss as defined by:
  - a. <75% healthy body weight for age, sex and height
  - b. rapid weight loss even if not at <75% e.g. > 15% in one month,
  - c. weightloss associated with physiologic instability unexplained by any other medical condition
  - d. patient rapidly approaching weight at which physiologic instability has occurred in the past.
2. Dehydration
3. Electrolyte disturbances (hypokalemia, hyponatremia, hypophosphatemia, Serum K <2.5mmol/L Serum Cl <88mmol/L)
4. Cardiac dysrhythmia
5. Physiologic instability:
  - a. Heart Rate -resting daytime near 40 bpm
  - b. Orthostatic hypotension (with an increase in pulse of >20 bpm or a drop in blood pressure of >10-20 mm Hg/minute from supine to standing
  - c. Blood Pressure <80/50 mm Hg
  - d. Hypothermic (Body temp <36°C)
  - e. Cardiac edema
6. Acute refusal to eat
7. Acute medical complications due to starvation (syncope, seizures, cardiac failure, pancreatitis etc...)
8. Symptomatic hypoglycemia or fasting glucose, 3.0 mmol per litre
9. Esophageal Tears
10. Intractable Vomiting +/- Hematemesis
11. Lack of improvement or worsening despite outpatient treatment
12. Arrested growth and development as per growth chart
13. Acute psychiatric emergencies (e.g. suicidal, psychotic)
14. Comorbid diagnosis that interferes with the treatment of an eating disorder (e.g. severe depression, obsessive compulsive disorder, severe family dysfunction)

## Indications for Hospitalization: Adults

*Adapted From APA Practice Guidelines for the  
Treatment of Patients with Eating Disorders  
(2006)*

1. Weight loss as defined by:
  - a. <75% healthy body weight
  - b. rapid weight loss even if not at <75% e.g. > 15% in one month,
  - c. weight loss associated with physiologic instability unexplained by any other medical condition
  - d. patient rapidly approaching weight at which physiologic instability has occurred in the past.
2. BMI < 16
3. Acute refusal to eat
4. Heart Rate -resting daytime near 40 bpm
4. Blood Pressure <90/60 mmHg
5. Dehydration
6. Orthostatic hypotension (with an increase in pulse of >20 bpm or a drop in blood pressure of >10-20 mm Hg/minute from supine to standing
7. Hypothermic Body temp < 36°C
8. Syncope
9. Symptomatic hypoglycemia-glucose <60 mg/dl
10. K <2.5
11. Serum Cl <88mmol/L
12. Esophageal Tears
13. Intractable Vomiting +/- Hematemesis
14. Suicidal
15. Special considerations: poorly controlled diabetes, pregnancy