



*"All of these people suffer from a serious, life-threatening Eating Disorder."*

# **ECHO: Inpatient treatment of Eating Disorders.**

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# Objectives

- \* When to refer a patient for inpatient treatment
- \* What we do inpatient

# When to refer

- \* Significant impairment in functioning
- \* 4 weeks of continued effort but decline
- \* Medical instability
- \* Suicidal ideation/escalating self harm /substance use
- \* Worrisome purging

# Advantages to inpatient

- \* Controlled environment (bathroom restrictions, forced meal and snack times)
- \* Access to mental health professionals
- \* Support of peers
- \* Medical monitoring of refeeding
- \* Access to psychiatry, psychology, dietary, nursing
- \* Safety

# What we do

- \* Help patients eat 😊 (including NG)
- \* Monitor weight restoration and medical status, limit exercise, prevent purging
- \* Monitor safety
- \* Coordinate aftercare

# Weight Restoration

- \* Initial weight range is set
- \* “I just want to gain muscle”
- \* Inpatient: 3.5 lbs/week
- \* Outpatient: 2 lbs/week
- \* Calories: 1800 initially, increase by 300 every other day to 4200-4500
- \* “Underfeeding” syndrome



Garber et al. (2012). *Journal of Adolescent Health*

# Indicators of Adequate Weight restoration

- \* *Biomarkers* (resumption of menses, estradiol level, bone density)
- \* *Behaviors* (normalized eating, resumption of activities)
- \* *Psychologic status* (mood, thoughts)
- \* *Previous BMI percentile curve*
- \* *Pelvic Ultrasounds\**



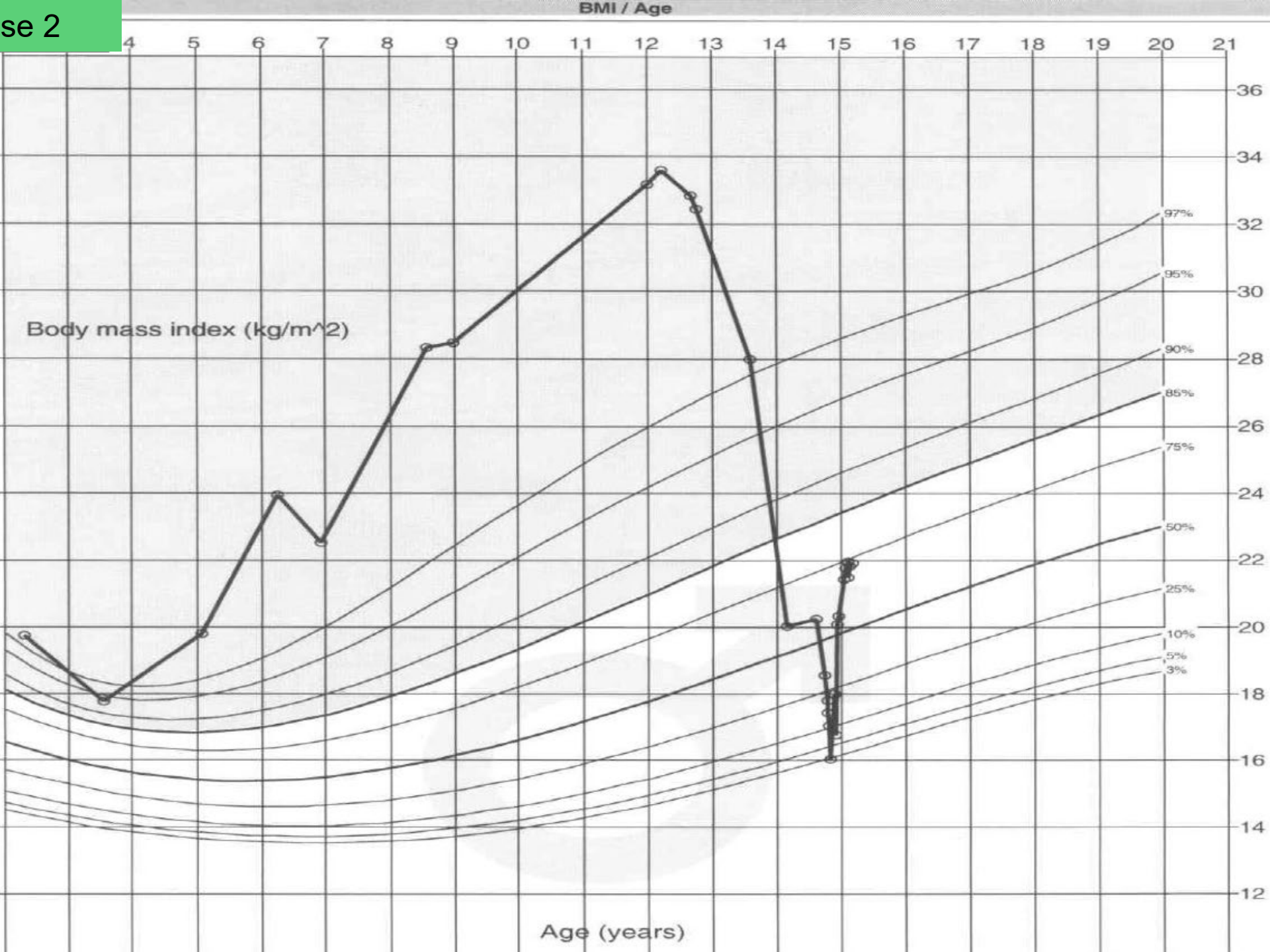
\* Allen et al. (2010). *Eur Eat Disorders Rev* 18:43

# Local Utah/CO facilities

- \* Center for Change (all levels of care, inpatient/RTC is women only)
- \* Avalon Hills (residential, women only)
- \* Eating Recovery Center (Denver) all levels of care and can take men







# Bulimia Nervosa and Binge Eating Disorder

- \* Normalize diet (no “good/bad foods” no “off-limit foods”)

- \* 3 meals, 2 snacks,

- \* Mindful eating

- \* Include 1-2 desserts daily

- \* Food/emotion logs

- \* CBT-E (augmentation with DBT skills can be helpful)

