

## Medical Indications to consider Hospitalisation

- Severe malnutrition (BMI < 13) with severe muscle loss
  - Rapid weight loss (> 4 kg in 6 weeks)
  - Severe dehydration
  - K<sup>+</sup> below 3.0 mmol/l and/or with significant ECG changes
  - Prolonged QT interval (QT<sub>c</sub> > 440 msec)
  - Dysrhythmias
  - Hypothermia < 35.5 ° C
  - Hypotension BP < 80/50 mm Hg
  - Bradycardia < 40 BPM
  - Postural Drop > 20 mm Hg
  - Increase of HR > 30 BPM upon standing
  - Capillary return > 1 sec
  - Syncopal episodes
  - Rapidly diminishing exercise tolerance
  - Inability to rise from squatting position
  - Frequent exercise induced chest pain
  - Renal dysfunction or low urine output (< 400 ml/day)
  - Low phosphate during initial refeeding.
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- Inform the Eating Disorders Service of admission so that REDS can consult and be involved in further treatment planning especially after discharge.