

## South Island Eating Disorders PEDIATRIC (Age <17) Hospital Admissions Pathway

### Criteria for admission – Medical Instability (as per BC Clinical Guidelines)

1. Bradycardia < 45bpm or symptomatic (syncope).
2. Arrhythmia **associated with** malnutrition/electrolyte disturbance;
  - a. QTc  $\geq$  460ms or any other EKG abnormality noted.
3. Electrolyte disturbances:
  - a. K<sup>+</sup> < 3.0 mEq/L
  - b. Na<sup>+</sup> < 127 mmol/L
  - c. PO<sub>4</sub> < 0.8 mmol/L
  - d. Mg<sup>2+</sup> < 0.7 mmol/L
4. BP < 80/50 or Significant orthostatic changes: HR increase  $\geq$  30bpm AND SBP drop  $\geq$  20mmHg.
5. Presenting with uncompensated volume depletion.
6. Hypothermia: Temp < 36deg Celsius.
7. Hypoglycemia: < 3.0
  - a. AM fasting hypoglycemia directly associated with increased mortality.
  - b. Brief postprandial hypoglycemia occurs with refeeding after meals but generally should normalize with increasing nutrition and weight restoration.
8. Weight parameters:
  - a. BMI less than 75% of their Ideal Body Weight (based on estimated growth curve trajectory).
  - b. Consider admission for rapid weight loss trajectory if failing outpatient management.
9. Suicidality or other indicators for Form 4 in context of severe ED symptoms or behaviours.
10. Fever or signs of significant infection in the context of a severe eating disorder. Patients should be considered immunocompromised and may decline quickly.

(See next page for ADMISSIONS PROCESS)

Document prepared with reference to the BC Clinical Guidelines and recommendations from BC Children's Hospital Provincial Tertiary Care Eating Disorder Program, and in conjunction with: South Island Eating Disorders Program Pediatrician and General Practitioner Representatives, Island Health Eating Disorder Specialty Dietitian, and Child Psychiatry.

## **South Island Eating Disorders PEDIATRIC (Age <17) Hospital Admissions Pathway**

### **Admissions Process - Greater Victoria Area ONLY**

1. Admission at the Victoria General Hospital for access to specialized Pediatric teams.
2. Community physician or Eating Disorders Care Provider to communicate medical concerns directly to Pediatric Attending on call for Admissions.
  - a. If accepted by Pediatrician for medical stabilization Peds will be MRP with support from Child Psychiatry and Dietician.
  - b. Form 4 invoked where applicable. Ideally the patient and family will be informed of general expected course of admission (transition to strict meal plan, dietitian oversight, NG Tube feeds; goal of hospital admission is medical stabilization rather than recovery from the underlying disorder, etc).
  - c. Community care team to provide as much relevant documentation as possible to admitting team (labs, vitals, clinical summary of concerns, etc).
3. Where possible, it is preferred to minimize the number of Care Providers involved in the interest of rapport building, as complex mental health comorbidity often exists.
4. Please Notify Primary Care Providers and the South Island Eating Disorders Program about the admission, and include all community care providers in discharge planning so that follow up, labs, etc. may be arranged in a timely fashion.
5. Please copy hospital consults and discharge summary to South Island Eating Disorders Program. If patient is not yet affiliated with this outpatient service, please send referral form.
  - a. South Island Eating Disorders Program  
#302-2955 Jutland Road, Victoria BC V8T5J9  
**Ph: 250-387-0000      Fax: 250-387-0002**

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### Additional Resources

**\*BC Children's Hospital (BCCH) is the Tertiary Provincial Resource for Pediatric Eating Disorders\***

1. BC Children's Hospital Eating Disorders Program On Call Services

- a. Phone: **1-604-875-2161 during business hours** for the intake coordinator
- b. Phone: **1-604-875-2345 after hours** and ask for Adolescent Medicine on-call

2. Provincial Specialized Eating Disorder Program, BCCH, Vancouver BC. ***\*Requires Referral from local hospital or specialized Eating Disorder program\****

- a. Inpatient services for children and adolescents up to age 18.
- b. Phone: 1-604-875-2106 (Intake Coordinator)

<http://www.bcchildrens.ca/our-services/mental-health-services/assessment-treatment/eating-disorders>

3. Looking Glass Residence, Vancouver BC. A 14 bed youth residential treatment (ages 17-24).

***\*Requires Referral from local specialized Eating Disorder program\****

A. Phone: 1-604-829-2585

<http://www.lookingglassbc.com/residential-care>

4. BCCH Emergency Room Guideline for assessment and management of pediatric patients with Eating Disorders:

[https://www.childhealthbc.ca/sites/default/files/BCCH\\_ED\\_%20Pedatric%20Eating%20Disorders.pdf](https://www.childhealthbc.ca/sites/default/files/BCCH_ED_%20Pedatric%20Eating%20Disorders.pdf)

### **5. Local Referrals**

See website for details of services in your locale:

<https://keltyeatingdisorders.ca/finding-help/programs>

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