

Intensity Scale

Red Flags

Indication for Further Investigation

Physical symptoms

Epigastric pain, bloating, abdominal pain, unexplained nausea, stress fractures, constipation, slow heart rate, low BP, sleep disturbances, dizziness, discoloured or damaged teeth & gums, large eyes related to loss of facial & peri-orbital fat, etc.

Weight concerns among normal weight individuals

Preoccupation with weight, shape or food/diet

Parental concerns for child / youth lack of physical development

Initial Screening

Age 14+
Complete SCOFF¹

Age <14
Consult local Eating Disorders program and/or pediatrician

Possible Eating Disorder

Indication for Further Assessment

History and Physical

Orthostatic vitals, weight, height, BMI, growth chart, weight history (significant weight fluctuations), weakness, dizziness, physical complaints as listed in Red Flags, cold intolerance

Menstrual History

Prolonged amenorrhea (Dexa scan if amenorrheic for > 6 months - indicate hypothalamic pituitary suppression on requisition)

Eating & Compensatory Behaviours

Rigid eating, restricting, food avoidance, dietary rules / ritual, bingeing, vomiting, excessive exercising, laxative / diuretic / diet pill use, etc.

Thoughts & Feelings

Feelings of fatness even though under or normal weight; self-esteem unduly based on weight, shape & appearance; guilt & shame regarding eating; rigid, obsessive & preoccupied with food, weight & exercise; sense of lack of control over eating; difficulties with attention, concentration & short-term memory; withdrawn mood, feelings of worthlessness, hopelessness, helplessness; suicidal ideations

Diagnostics

CBC, Glucose, Sodium, Potassium, Chloride, Magnesium, Calcium, Phosphate, Bicarbonate, Total Protein / Albumin, Liver function, Creatinine, BUN, Ferritin, Vitamin B12, Vitamin D, Zinc, Amylase, TSH and T4, **AND** ECG

Family / Social History, **AND**

Screen for co-occurring psychiatric conditions

Probable Eating Disorder

If results of assessment are indicative for eating disorders:
Submit referral to local Eating Disorder Program

Ongoing Medical Monitoring

In Consultation with Eating Disorder Program

Monitoring

Determine frequency of monitoring depending on DSM-5 severity specifiers

Physical

Orthostatic Vitals, blind weight (non-disclosed), height, labs, ECG, physical symptoms as listed in Red Flags, etc.

Mental Health

Mental Status Exam: Mood, affect, self-esteem, feelings, thoughts, behaviours, concentration, attention, memory, insight, and suicidal ideation

¹SCOFF Assessment

One point for every "yes" answer.

1. Do you make yourself **Sick** because you feel uncomfortably full?
2. Do you worry you have lost **Control** over how much you eat?
3. Have you recently lost more than **One** stone (14lbs/6.36kg) in a 3 month period?
4. Do you believe yourself to be **Fat** when others say you are too thin?
5. Would you say that **Food** dominates your life?

Score 2+ proceed to next level

Local Interior		
Community / Region	Child and Youth Referral Resources	Adult Referral Resource
East Kootenays	250.426.1514 (Central Contact)	-----
Cranbrook	-----	250.420.2210
Creston	-----	250.428.8734
Sparwood	-----	250.425.2064
Golden	-----	250.344.3015
Invermere	-----	250.342.2363
Kimberley	-----	250.427.2215
Kamloops and Cariboo	250.377.6500	250.377.6500
Central Okanagan (Kelowna and area)	250.469.7070 x 13553	250.469.7070 x 13553
Kootenay Boundary	250.505.7252	250.505.7252
Revelstoke	250.837.7612	250.837.7612
Salmon Arm	250.832.1719	250.832.1719
South Okanagan (Penticton and area)	250.487.4422	250.770.3555
Vernon	250.549.5404	250.549.5404

Provincial Consultation Resources		
Child & Youth		
BC's Children's Hospital (BCCH) Provincial Specialized Eating Disorders Program	Location: Vancouver, BC Services: Consultation, Assessment, Diagnosis, Treatment, Education / Family Support	P: 604.875.2161 (M-F 9-5) After Hours: 604.875.2345 www.bcchildrens.ca
Adult		
St. Paul's Hospital Provincial Adult Tertiary & Specialized Eating Disorders Program	Location: Vancouver, BC Services: Consultation, Assessment, Outpatient & Inpatient Treatment	P: 604.806.8654 (M-F 9-5) After Hours: 604.682.2344 ext. 62971 www.mh.providencehealthcare.org
Rapid Access to Consultative Expertise RACE Line to Eating Disorder Psychiatrist	Location: Vancouver, BC Services: Specialist Consultation	P: 877.696.2131 (toll free) or 604.696.2131 (lower mainland) www.raceconnect.ca

Specialized Intensive Treatment Centers in BC		
Child & Youth		
BC's Children's Hospital (BCCH) Provincial Specialized Eating Disorders Program	Location: Vancouver, BC Services: Outpatient, day treatment, and inpatient services for children and adolescents up to age 17	P: 604.875.2200 www.bcchildrens.ca Referral Form
Looking Glass Foundation Residential Care	Location: Vancouver, BC Services: Youth residential treatment facility ages 16-24	P: 604.829.2585 www.lookingglassbc.com Referral Form
Adult		
St. Paul's Hospital Provincial Adult Tertiary & Specialized Eating Disorders Program	Location: Vancouver, BC Services: Specialized, tertiary care for adults 17 years of age and older	P: 604.806.8347 ext. 4 www.mh.providencehealthcare.org Referral Form

Helpful Resources & Websites		
Kelty Mental Health	<i>"Connects you with resources and information for every stage of the eating disorder journey"</i>	P: 800.665.1822 www.keltyeatingdisorders.ca
Looking Glass Foundation for Eating Disorders	<i>"A caring community of prevention and support for those suffering from...eating disorders"</i>	P: 604.314.0548 www.lookingglassbc.com
Jessie's Legacy	<i>"Eating disorders prevention and awareness"</i>	P: 604.988.5281, ext. 241 www.jessieslegacy.com
National Eating Disorder Information Centre	<i>"A Canadian non-profit providing resources on eating disorders and weight preoccupation"</i>	P: 866.633.4220 www.nedic.ca
Eating Disorders Toolkit for Primary Care Practitioners	<i>"A quick reference to primary care practitioners (PCPs) that promotes recognition and prevention of medical morbidity and mortality associated with eating disorders"</i>	Toolkit for PCP (printable booklet) Interior Health's Eating Disorders Information Page