



Supportive Clinical Information: Anorexia Nervosa Admission

Formula for calculating % Ideal Body Weight as per the BMI Percentile Method:

- **Current BMI** = $\text{weight (kg)} / \text{height (m)}^2$
- **Expected/Ideal BMI** = Using exact age (i.e. 16 and 7/12 months) find the BMI at the 50th percentile for that age and height using the WHO Canada growth chart
- **IBW** = $\text{Expected BMI} \times \text{height (m)}^2$
- **% IBW** = $(\text{Current BMI} / \text{Expected BMI}) * 100$

Guide: Stages of Activity and Monitoring for Inpatients with Anorexia Nervosa

These guidelines are to be used in conjunction with individual care plans and clinical decision making of the treatment team.

Orthostatic levels should be checked 2 hours after patient is awake. Patient needs to lie down 5 minutes before and there needs to be 5 minutes between lying and standing

❖ **Stage 1: Heart Rate less than 45 bpm during the day**

- Patient is to be on complete bed rest for 24 hours
- While on complete bed rest, patient will eat meals in bed
- After 24 hours of complete bed rest patient can eat meals and snacks sitting in a chair, if approved by the treatment team.
- After 24 hours of complete bed rest patient may have up time for activities of daily living and further activities as determined by the clinical team. Ordinarily should not exceed 15 minutes/day unless otherwise directed.
- Supervised bathroom, bath or seated showers
- Patient will be on continuous heart rate monitoring unless it's clinically indicated to be placed on the cardiac monitor

To Progress to Stage 2, patient must have (with clinical judgement):

- Sustained heart rate greater than 45 bpm during the day
- With patient and family education, youth can move to the next stage once treatment team agrees that the above criteria has been met

❖ **Stage 2: Heart Rate less than 50 bpm during the day**

- Patients do not need to be on complete bed rest but should not be standing or walking unnecessarily. Meaning they should be sitting if not doing any of the activities listed below.
 - Patients may get out of bed for activities of daily living (brushing teeth, combing hair, bathing etc)
 - Patients may participate in groups or programming on the unit based on the care plan
- Patient will continue to have night time heart rate monitoring (daytime can be discontinued)
- Walks may continue and patient may have up time for activities of daily living and further activities as determined by the clinical team. Ordinarily should not exceed 30 minutes/day unless otherwise directed by the primary clinical team.

To Progress to Stage 3, patient must have (with clinical judgement):

- Sustained heart rate greater than 50 bpm during the day
- With patient and family education, youth can move to the next stage once treatment team agrees that the above criteria has been met



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- ❖ **Stage 3: Sustained heart Rate greater than 50 bpm during the day**
 - Patients do not need heart rate monitoring but should continue to have twice daily orthostatic vital signs done
 - Patient's activity can continue to be progressed based on weight gain, if nutritional needs are being met, and improvement of eating disorder symptoms. At the discretion of the treatment team.

To Progress to discharge, patient must have (with clinical judgement):

- Sustained heart rate greater than 50 bpm during the day
- With patient and family education, youth can move to the next stage once treatment team agrees that the above criteria has been met