

# EATING DISORDER DIAGNOSES

## Cheat Sheet

### Anorexia Nervosa

Restricting behaviors resulting in **low body weight**. Fear of gaining weight. Disturbance in body image. Specify: Restricting Subtype or Binge/Purge subtype. \*See Other Specified ED for restricting that does not lead to low body weight.\*

### Bulimia Nervosa

Recurrent episodes of binge eating. Recurrent episodes of compensatory behaviors (purging, exercise, laxatives, etc). Frequency of at least 1x week/3 months.

### Binge Eating

Recurrent episodes of binge eating without compensatory behavior. Frequency of at least 1x week/3 months.

### Avoidant and Restrictive Food Intake Disorder

Avoidance of eating due to sensory aversion to food or fear of consequences of eating resulting in nutritional deficiencies. Desire to lose weight/body images concerns are not present.

### Pica

Persistent eating of nonnutritive, nonfood substances over the period of at least 1 month.

### Rumination

Repeated regurgitation of food over the period of at least one month. Regurgitated food may be re-chewed, re-swallowed, or spit out.

### Other Specified

Appropriate diagnosis for when symptoms do not meet other criteria but food concerns are noted. Examples: atypical anorexia (not meeting weight requirement), purging disorder or night eating syndrome.

### Unspecified

Appropriate diagnosis for when symptoms do not meet criteria for a feeding and eating disorder **and** there is not sufficient information to make a specific diagnosis.

# DETERMINING LEVEL OF CARE

for eating disorder tx

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Eating disorder treatment involves attention to medical, nutritional, and psychiatric needs. There are various levels of support to personalize care for each patient.



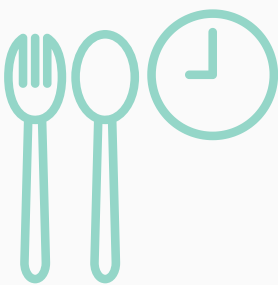
## OUTPATIENT

- Generally able to function on own
- Is able to work toward treatment goals
- Can maintain nutritional intake with assistance
- Is generally medically stable



## INTENSIVE OUTPATIENT

- Lower level of care has been insufficient
- Would benefit from group and individual therapy
- Need for additional accountability with nutritional and therapeutic goals



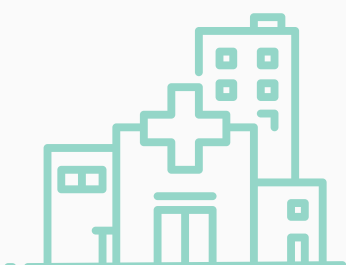
## PARTIAL HOSPITALIZATION

- Lower levels of care have been insufficient
- Complex ongoing medical concerns
- Complex mental health presentation
- Need for most meals to be supervised



## RESIDENTIAL

- Lower levels of care have been insufficient
- Complex ongoing medical concerns
- Complex mental health presentation
- Need for all meals to be supervised
- Need for supervision during off-treatment hours



## INPATIENT HOSPITALIZATION

- Complete food refusal
- Suicidality
- Complex medical concerns
- Need supervised refeeding

# RESOURCE GUIDE

for providers

## 01 Consultation Group

EDCI hosts a monthly professional consultation group for providers working with eating disorders. Participants are welcome to bring a case for consultation or join to listen, offer insight, or observe. Therapists, physicians, dietitians, nurses, and students are welcome. The group meets virtually via zoom on the third Thursday of every month at 8am. For more information email our group leader, [Kim Tallon](#).






## 02 EDCI Provider Listserv

We encourage providers to [join our listserv](#) to: Access a referral network for providers with expertise in treating eating disorders, share information, resources and education, ask questions and process client-related issues in a safe environment (while protecting client confidentiality) and receive support as we engage in this important work. Consider joining as a [professional member](#) to receive even more benefits!

## 03 Attend Trainings for CE

EDCI Hosts professional CE training opportunities in the fall of odd numbered years. We alternate with Amy's Gift (even number years) to offer high quality education for providers in the treatment of eating disorders. Check out the conference page for the most recent or upcoming training opportunity.

## 04 Helpful Online Resources

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**National Eating Disorder Association ([NEDA](#)):**  
Great general resource, be sure to check out their toolkits for parents, educators and coaches
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**[Project Heal](#):**  
Organization that will assist with assessment, placement and financial assistance for higher levels of ED treatment
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**International Association of Eating Disorder Professionals ([iaedp](#)):**  
Training and certification in ED treatment
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**Association for Size Diversity and Health ([ASDAH](#)):**  
Non-profit for Health at Every Size promotion and membership
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 For more information on the medical complications and care of ED patients, check out our [medical guide](#).