Te Whatu Ora
Health New Zealand
Waitematā

Child & Adolescent Mental Health Service

[*PLACE PATIENT LABEL HERE*]

First Name: _____ **Gender:** _____
Surname: _____ **Ph:** _____
Address: _____
Date of Birth: _____ **NHI#:** _____
Ward/Clinic: _____ **Consultant:** _____

Eating Disorders Observations Checklist

Observations - Tips & Tricks

Observation	Process	Check/Plot
Weight	• Clarify process of disclosing weight or not, pre-weigh • Have they recently passed urine? • Remove shoes and weigh in a single layer of clothing with empty pockets • Record if different clothing than previous (e.g. baggy jeans vs. shorts) • Weigh patient and refrain from making judgement or comment on the scale number *If client is distressed provide emotional regulation support in clinic room*	
Height	• Plot in centimeters *(regularly every three months)*	
Lying Blood Pressure (BP)	• Lie young person supine on the clinic gurney • *Ensure cuff is the right size and take again if you are not sure*	
Standing BP	• Make sure young person is standing – at 1min take first BP then again at 3min • *Take BP with same cuff on same arm* • *Monitor for changes* • **NOTE:** Greater than 20mmHg postural drop or hypotension systolic less than 80mmHg	
Heart Rate	• Lying • Standing • *Take pulse at same location for lying and standing* • **NOTE:** Is the pulse lower than 60bpm? Or above 110bpm? • **NOTE:** Significant postural rise in heart rate – increases by 40bpm • **NOTE:** Monitor for arrhythmia – is the heart rate bounding or thready, regular or irregular?	
Temperature	• **NOTE:** Less than 35.5 degrees Celsius – *check both ears with tympanic thermometer – lift top of ear up and backwards to ensure snug fit in ear canal* • **NOTE:** Warm or cold arms/hands/fingers	
Hydration	• **NOTE:** Check capillary refill (perfusion) – less than 3 seconds? • **NOTE:** Does the young person have dry lips or mouth?	
General	• **NOTE:** Lanugo hair (soft downy hair on face, shoulders, back and forearms) • **NOTE:** Distended abdomen • **NOTE:** Any recent dizziness/fainting, nausea or vomiting, pain • **NOTE:** Bowel movements – regular, irregular, constipated, diarrhea • **NOTE:** Last period	

PLEASE ENSURE ANY ABNORMAL RESULTS ARE DISCUSSED WITH A DOCTOR

Measuring Blood Pressure: Detecting Postural Hypotension. (n.d.). In *Bpac NZ*. Retrieved February 2, 2024, from https://bpac.org.nz

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Nursing Care - Engagement and Observation for People with Eating Disorders in General Inpatient Areas including Emergency Departments. (n.d.). In *Inside Out, Institute for Eating Disorders*. Retrieved February 2, 2024, from https://www.insideoutinstitute.org.au

Te Whatu Ora. (2021, July 19). *Eating Disorders - management of*. Starship Children's Hospital. https://starship.org.nz/guidelines/eating-disorders-management-of/

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