

MARSIPAN key points: Physical assessment

- Patients near to death often look well
- BMI range: <13 high risk or rapid weight loss (>1kg per week).
- Physical examination, including muscle power: (SUSS test: can the patient rise from squatting? Can the patient sit up from lying flat?)
- Blood tests: especially electrolytes, glucose, phosphate, Mg, liver function tests, CK, full blood count
- Electrocardiogram, especially QTc interval, also ST and T changes
- Do NOT discharge patients at high risk without specialist consultation
- Low potassium in Eating Disorders signifies low total body K and hypokalaemia can recur soon after discharge with fatal results.

MARSIPAN key points: Nutritional issues

- Consult a medical expert in nutrition if possible
- Replace thiamine early and prescribe a vitamin and mineral supplement
- Monitor for hypoglycaemia
- Avoid re-feeding syndrome (RFS (low Phosphate, Low Potassium)) by slow re-feeding and close monitoring in vulnerable patients
- Avoid underfeeding syndrome (UFS) by frequent (12-hourly) reassessment and increasing calories as long as RFS is not developing

Psychiatric issues

- Transfer to a specialist eating disorders unit (SEDU) if possible
- Regular liaison with a psychiatrist (Eating Disorders, Liaison or Community)
- Be aware of sabotaging behaviour such as falsifying weight, water drinking, exercising
- Use only experienced and trained nurses to observe
- If staff (eg agency) inexperienced in management of AN are recruited, provide a concise management plan to follow.
- Consider Mental Health Act section if patient fails to improve

If you are due to see a patient with severe AN

Consult MARSIPAN:

Google MARSIPAN and anorexia for pdf

(+junior MARSIPAN for <18)

For those who like Mnemonics: Ana SPINS THRU COBWEBS

- Ana=anorexia
- S=Refer to SEDU
- P=Call psychiatrist
- I=Influencing weight using tricks
- N=Nurses need training
- S=Section if necessary
- T=Thiamine
- H=Hypoglycaemia
- R=Refeeding Syndrome
- U=Underfeeding syndrome
- Co=Consult!
- B=Bloods
- W=Weigh the patient
- E=ECG
- B=Beware hypokalaemia
- S=Squat test