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

Psychiatric  Nutritional  Medical