

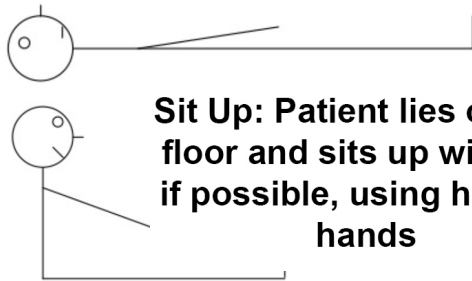
Safety Flash

January 2020

ANOREXIA NERVOSA

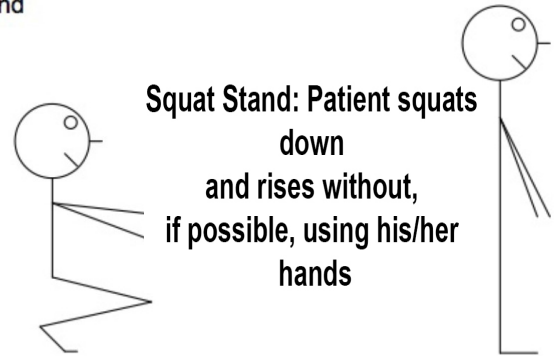
Sit-Up, Squat-Stand (SUSS) Test of muscle power ¹

SitUp



Sit Up: Patient lies on the floor and sits up without, if possible, using his/her hands

SquatStand



Squat Stand: Patient squats down and rises without, if possible, using his/her hands

Anorexia Nervosa (AN) has the HIGHEST MORTALITY rate of ALL mental health illnesses

Patients with AN are at risk of sudden death (**RED FLAGS** below)

AN patients MAY NOT trigger traditional Early Warning Scores

Sepsis in AN may be masked by lack of physiological response

RED FLAG signs include:

- ◆ SUSS ≤ 2
- ◆ Postural drop
- ◆ Bradycardia
- ◆ Hypothermia
- ◆ Electrolyte abnormalities
- ◆ QTc >450ms

0: Unable,
1: Able only using hands to help
2: Able with noticeable difficulty
3: Able with no difficulty

Consider:

- ◆ Using MaRSIPAN Guidelines
- ◆ Using alternative EWS (MARSIMEWS)
- ◆ RATE of weight loss
- ◆ Re-feeding advice if admitted

Thank you to Cambridge & Peterborough Clinical Commissioning Group who helped contribute to its endorsement

1. Robinson 2012

For other RCEM issued Safety Flashes and Safety Newsflashes see:

www.rcem.ac.uk/safetyflashes