

Worsening symptom advice for eating disorders

This document is to inform CAMHS Clinicians, families/carers, and young people of a range of signs and symptoms that can identify significant deterioration to health of a young person with a suspected or diagnosed eating disorder.

These are some signs and symptoms that could indicate that your child is in immediate danger, please attend your nearest A&E:

- Appearing unwell and parent/carer feels new level of concern or notices a deterioration.
- Your child has been unable to eat or drink for over 24 hours.
- Difficulty breathing or persistent cough.
- Palpitations or chest pain.
- Feeling faint, lightheaded, or actual faint.
- Changes in temperature – too hot or cold, chills, sweating or signs of fever.
- *Tender pain in calves or local pain in upper legs, groin or **abdomen**.*
- *Change in facial colour such as pallor, blueness or yellow tinge to face, lips or tongue swelling.*
- *Any break in skin that becomes worse with tenderness, redness, swelling, hot, pain and inflammation or change in colour with or without pus. (e.g. including common things such as cuts not healing or ingrown toenails).*
- A (non-blanching) rash that does not fade under pressure – for example when a glass is pressed to the rash.
- Sudden or persistent abdominal pain
- Vomiting, especially if persistent or blood in vomit.
- Any sudden change in level of alertness, rate or coherence of speech or confusion.
- Seizures.
- Persistent numbness anywhere in the body, change in balance or memory. Weakness or lethargy.
- Voicing suicidal ideation or behaving strangely.
- Difficulty in passing urine.
- Swelling of ankles/leg.

If your concerns are **not** as urgent you can contact CAMHS between 9-5 Monday to Friday on:

North: 0131 286 5059

East: 0131 446 4880

South: 0131 536 1110

West: 01506 523 785

Mid: 01968 671 330

If CAMHS is closed, please contact the out of hours GP Or NHS 24 on **111** for support.

Some examples of these kinds of concerns are:

- Further restriction of daily intake of food and fluids.
- Increase in compensatory behaviours – like vomiting, excessive exercise, laxative use.
- Further deterioration in mood.
- Increase in self-harm or suicidal thoughts.

