



# Eating Disorders - A General Pediatric Perspective on the Scale and Case Back Up Related to Covid

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# Learning Objectives

1.  
Outline how the COVID 19 pandemic impacted the incidence, prevalence, and severity of eating disorders among children and adolescents
2.  
Describe the role of the primary care pediatrician in the identification and management of eating disorders
3.  
Explain how an Algorithm and Smartset can help improve eating disorders care

# Eating Disorders in Teens Have 'Exploded' in the Pandemic

-NY Times, April 28, 2021

CLINICAL REPORT Guidance for the Clinician in Rendering Pediatric Care

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## Identification and Management of Eating Disorders in Children and Adolescents

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Eating disorders are serious, potentially life-threatening illnesses afflicting individuals through the life span, with a particular impact on both the physical and psychological development of children and adolescents. Because care for children and adolescents with eating disorders can be complex and resources for the treatment of eating disorders are often limited, pediatricians may be called on to not only provide medical supervision for their patients with diagnosed eating disorders but also coordinate care and advocate for appropriate services. This clinical report includes a review of common eating disorders diagnosed in children and adolescents, outlines the medical evaluation of patients suspected of having an eating disorder, presents an overview of treatment strategies, and highlights opportunities for advocacy.

### INTRODUCTION

#### Definitions

Although the medical community has long recognized that eating disorders

### abstract

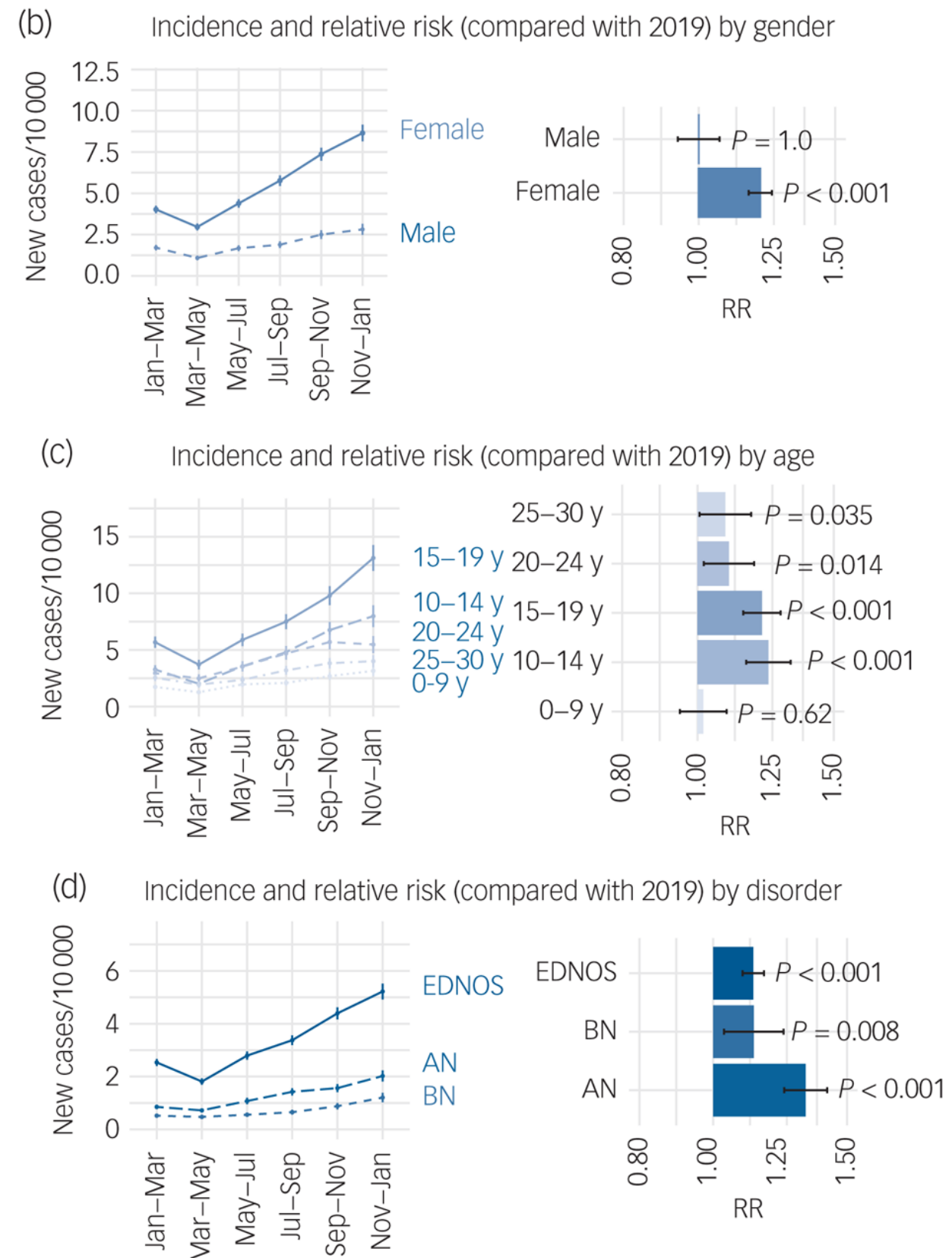
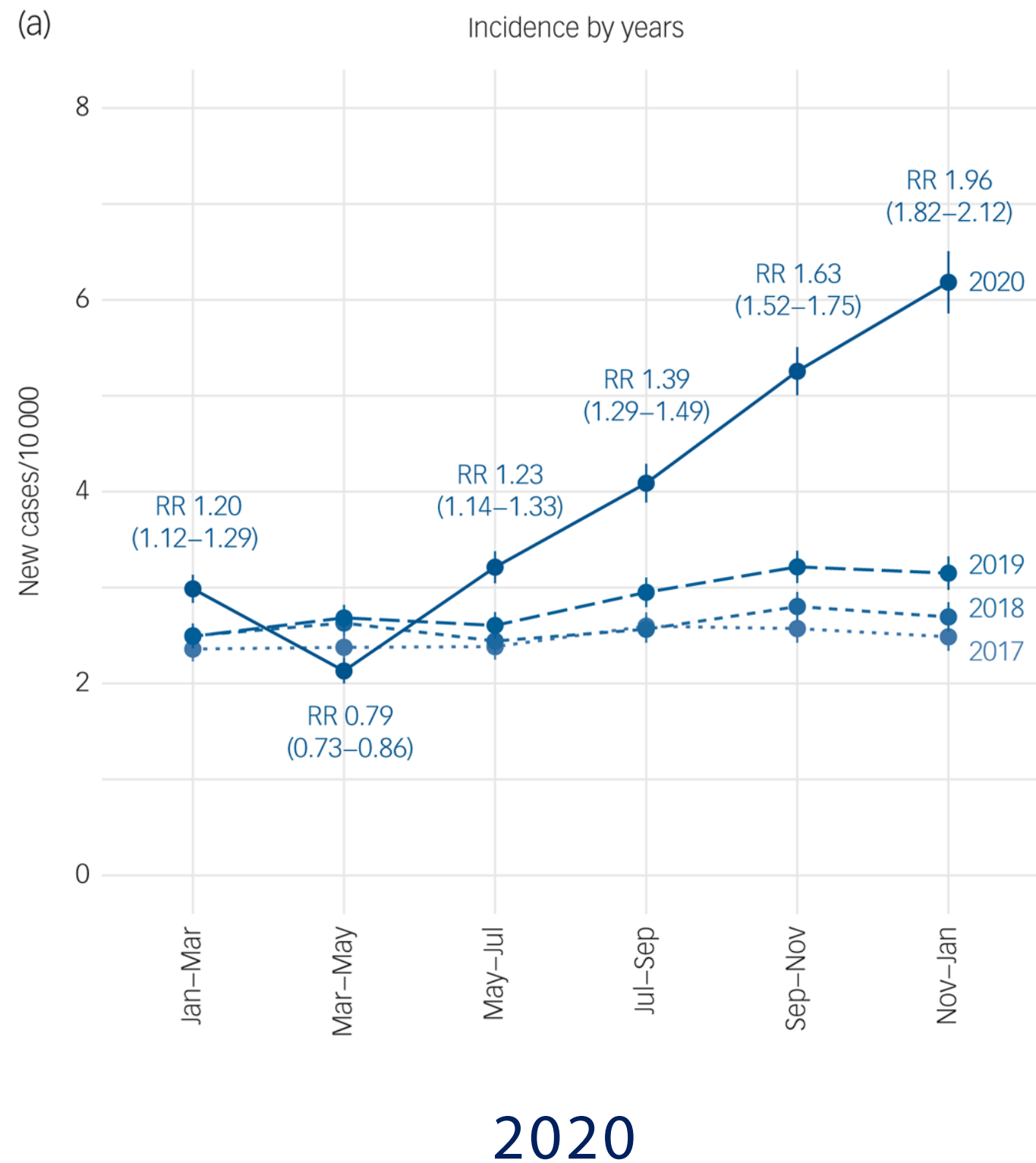
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Drs Hornberger and Lane were equally responsible for conceptualizing, writing, and revising the manuscript and considering input from all reviewers and the board of directors; and all authors approve the final manuscript as submitted.

The guidance in this report does not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate.

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Incidence of eating disorders during versus before the COVID-19 pandemic. (a) Incidence of eating disorders in 2-monthly periods during the pandemic (20 January 2020 to 19 January 2021) compared with previous years (20 January 2017 to 20 January 2019 and 19 January 2018 to 19 January 2020). The relative risks (RR) and their 95% confidence intervals are provided for each 2-monthly period during the pandemic compared with the same period in 2019. (b) Incidence stratified by gender. (c) Incidence stratified by age group. (d) Incidence stratified by eating disorder subtype. RR in each stratum compared with the corresponding stratum in the previous year. RR > 1 indicates a risk that is higher during the pandemic. AN, anorexia nervosa; BN, bulimia nervosa; EDNOS, eating disorder not otherwise specified; Y, year.

Taquet, M., Geddes, J., Luciano, S., & Harrison, P. (2022). Incidence and outcomes of eating disorders during the COVID-19 pandemic. *The British Journal of Psychiatry*, 220(5), 262-264. doi:10.1192/bjp.2021.105

The pandemic worsened the severity of eating disorders for children and adolescents already affected due to several factors.

Vuillier, L., May, L., Greville-Harris, M. *et al.* The impact of the COVID-19 pandemic on individuals with eating disorders: the role of emotion regulation and exploration of online treatment experiences. *J Eat Disord* 9, 10 (2021). <https://doi.org/10.1186/s40337-020-00362-9>

**A) All participants pooled**

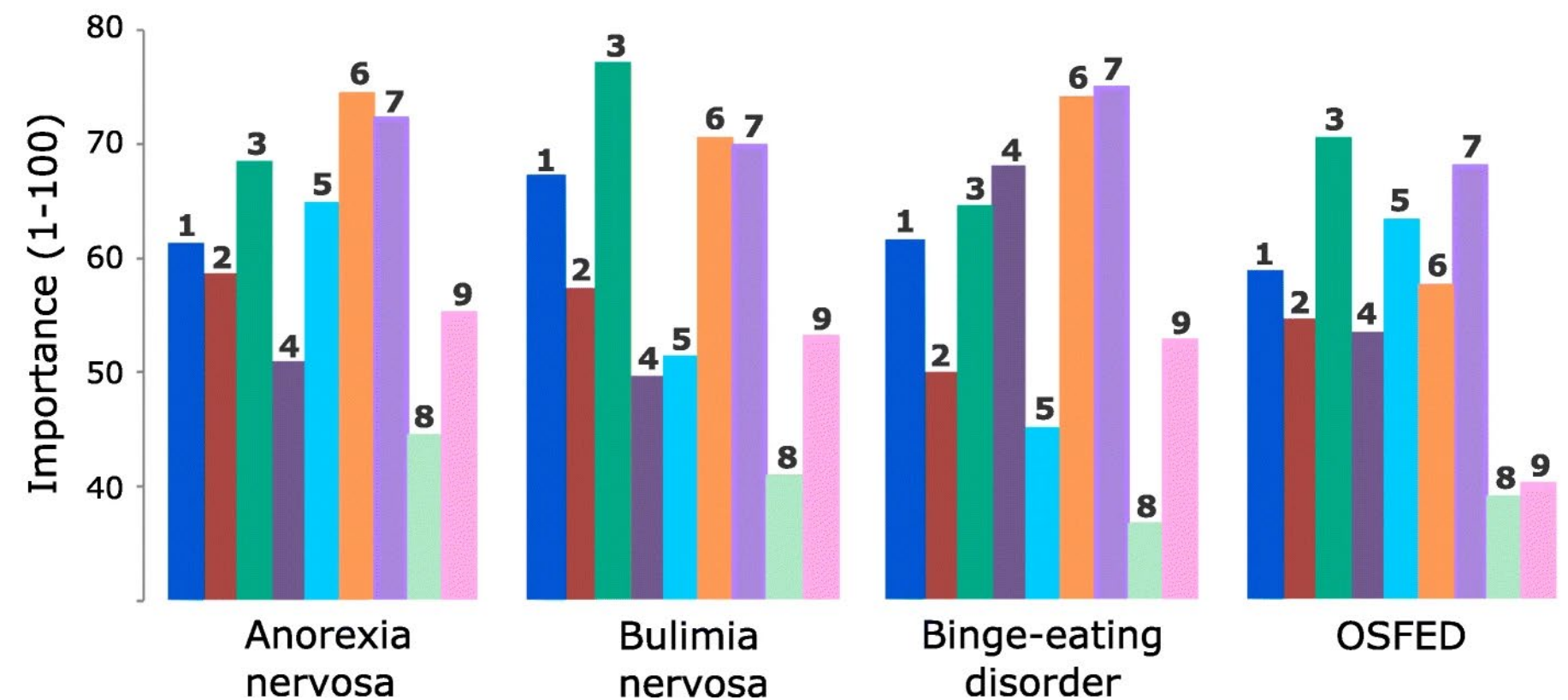


**KEY**

"On a scale of 1-100, how important has this aspect of the pandemic been in relation to your eating disorder?"

- 1. Disruption to living situation
- 2. Change in social support
- 3. Change in physical activity
- 4. Change in food availability
- 5. Exposure to triggering messages
- 6. Disruption to routine
- 7. Emotions
- 8. Change in treatment
- 9. Physical health concerns

**B) Participants split by diagnosis**



# MOC 4 Quality Improvement Project

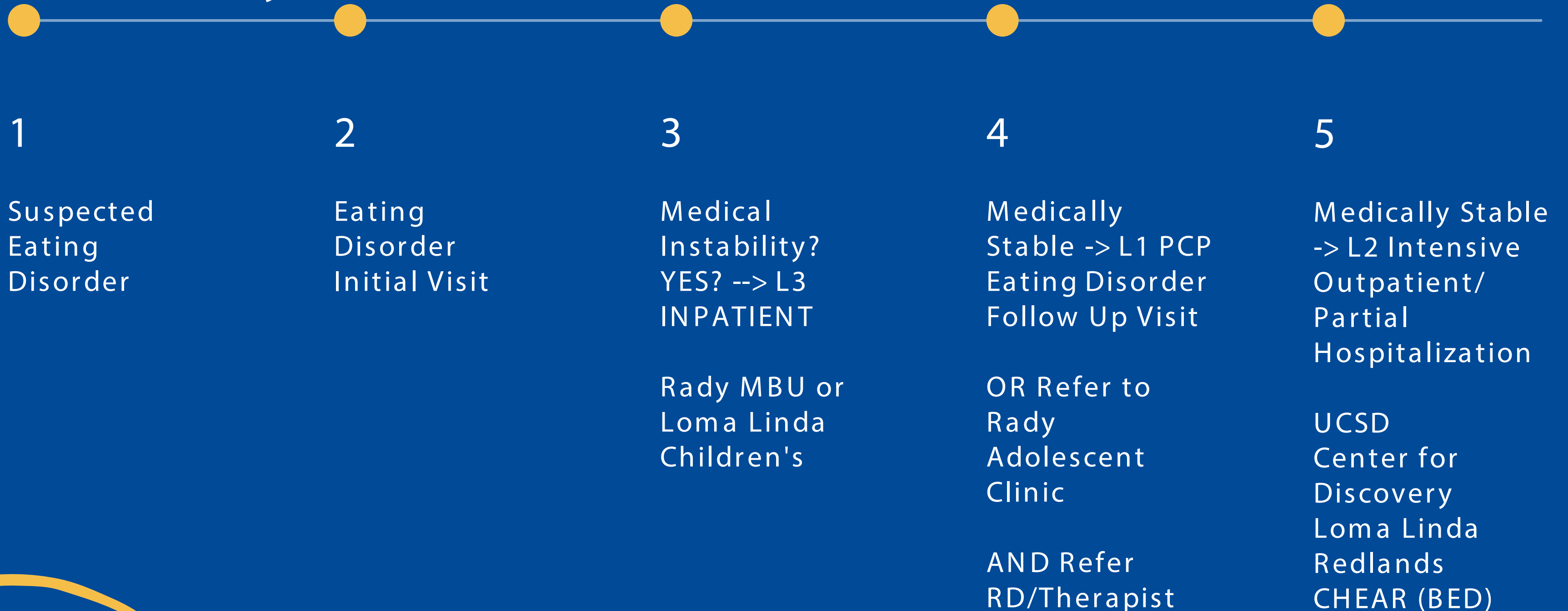
1. Make it easier for pediatricians to recognize, evaluate, and treat eating disorders
2. Increase pediatrician knowledge and confidence
3. Connect with community resources

# Epic

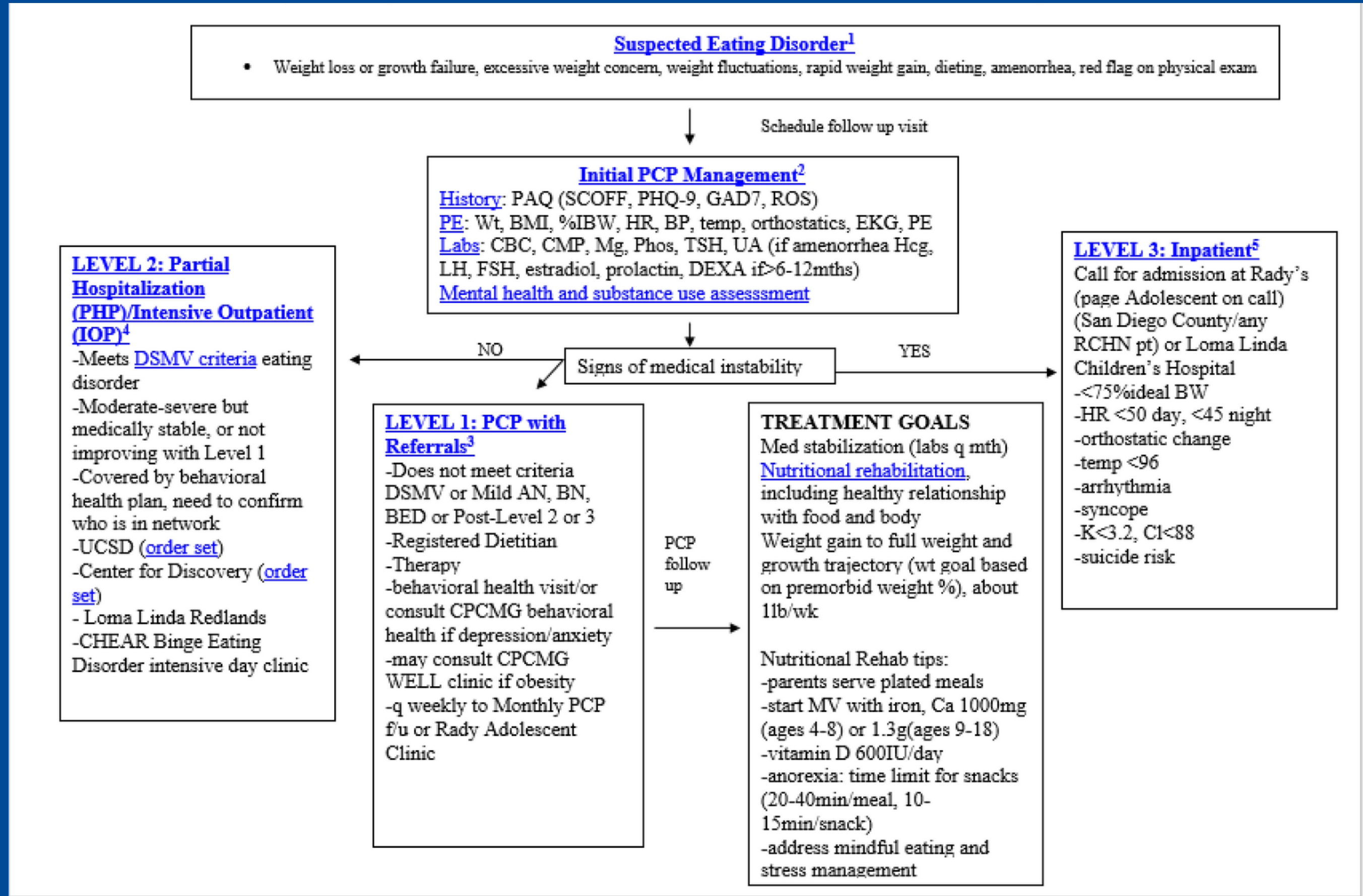




# A Plan for Primary Care



# The Algorithm



# EATING DISORDER SMARTSET

## Eating Disorder Initial Visit

With patient-answered questionnaire

## Eating Disorder Follow Up Visit

With patient-answered questionnaire

## AVS

With a list of who and how to refer to Registered Dietitian and Therapists along with additional resources for patients and families

## CPCMG Eating Disorder SmartSet [Manage User Versions](#)

*This guideline was developed in conjunction with Dr. Natalie Muth, Co-Chair of Nutrition Subcommittee, as well as in consultation with RCHSD Medical Behavioral Unit as well as Adolescent Medicine. This guideline is meant to support clinical assessment and medical decision-making. It is not intended or meant to replace the provider's professional judgment or establish a professional standard of care. This guideline should be modified based on the provider's professional judgment in considering individual patient's needs.*

- CPCMG Eating Disorder Algorithm (placeholder)

### ▼ Progress Notes

#### ▼ Progress Notes

- Eating Disorder Initial Note
- Eating Disorder Follow Up Note

### ▼ Diagnoses

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- Anorexia nervosa, binge-eating purging type [F50.02]
- Anorexia nervosa, restricting type [F50.01]
- Bulimia nervosa [F50.2]
- Binge eating disorder [F50.81]
- Avoidant-restrictive food intake disorder (ARFID) [F50.82]
- Eating disorder, unspecified [F50.9]
- Other disorder of eating [F50.89]
- Abnormal weight loss [R63.4]
- BMI < 5th percentile in child [Z68.51]

### ▼ Level of Service

# Features

## TEMPLATED NOTE

Includes physical exam with key PE considerations

Ideal Body Weight based on BMI at 50th% x ht (meters) x ht (meters)

Includes guide for assessment, plan, and referrals

## ORDERS

- LABS: UCSD partial hospitalization order set
- Center for Discovery Order Set
- CBC, CMP, Mg, Phos, TSH, UA
- Lab sets for if amenorrhea, if orthostasis, if uncertain diagnosis

## DIAGNOSIS

- Link to DSM V guide including anorexia, bulimia, binge eating, ARFID and variations
- Other options include Eating disorder, unspecified; Other disorder of eating; Abnormal weight loss; BMI < 5th%; At high risk for nutritional imbalance

## AFTER VISIT SUMMARY

- Information about eating disorders
- How to find a registered dietitian and list of local dietitians who specialize in eating disorders
- How to find a therapist and list of local therapists who specialize in eating disorders
- Contact info for National Eating Disorders Association (NEDA) helpline



# Challenges (and Opportunities) Remain