

CASE NOTES – Eating Disorder

15 Nov 2018 Constipated. Appetite↓. Eats mainly cheese pizza and pasta (most “comfortable foods” to eat).

Examination: Wt. 56 kg (BMI 19.8) All systems – normal.

Management: Fiber laxative. Advised ↑ fluids & fibre (fruits, vegetables).

21 Mar 2019 “Quite tired”. Studies stressful. Quit job. Diet still poor: breakfast - coffee and slice of toast; dinner – pizza or pasta; nothing between. Does not eat most meats, fruits, vegetables or nuts.

Examination: pale mucous membranes. No jaundice. Wt. 53 kg (BMI 18.8) Chest, abdomen – normal.

Management: CBC, BUN, Liver function tests

Patient refused dietitian consultation

Multivitamin. Diet advice repeated

Review in 2 weeks with test results

4 April 2019 Missing morning classes – too tired. No menstruation since last December (not sexually active). Food issues continue - not going out with friends, feels under pressure to eat like them; does not usually like the food. Denies concern about being thin and body image. No thoughts of self-harm.

Examination: Clothing too big. Wt 52 kg (BMI 18.4) All systems - normal.

Lab results: WCC – normal. RBG, electrolytes & blood clotting – all normal.
Hb -9.5 ↓; Cholesterol↓; BUN ↓; serum protein ↓

Diagnosis: Malnutrition, eating disorder, depression

Management: Counsellor & persuaded to see dietitian

Does not wish mother involved

Continue multivitamins

Request psychologist earliest assessment and management plan

WRITING TASK – NURSING/MEDICINE

Using the information given, write a referral letter to the psychologist, asking for further assessment and management of this patient. Address your letter to Mr. Bradley Hinds, Mental Health Practice, University Boulevard.

In your answer:

- **Expand the relevant notes into complete sentences.**
- **Do not use note form**
- **Use letter format**
- **The body of the letter should be approximately 180 – 200 words**