

MARSIPAN CHECKLIST: Robinson and Nicholls

Assessing

Does the patient have anorexia nervosa?

- Yes
 Not sure and psychiatric review requested

Are there significant risk factors?

- BMI <13 (adults) or <70% median BMI for age (under 18)?
 Recent loss of ≥ 1 kg/week for two consecutive weeks?
 Little or no nutrition for >5 days
 Acute food refusal or <500kcal/day for >2 days in under 18s.
 Pulse <40?
 BP low with postural dizziness?
 Core temperature <35 °C?
 Na <130 mmol/l?
 K<3.0 mmol/l?
 Raised transaminase?
 Glucose <3 mmol/l?
 Raised urea or creatinine?
 ECG: eg Bradycardia? QTc >450ms?

Is the patient consenting to treatment?

- Yes
 No and assessment for compulsory detention requested

Refeeding

Is Intensive medical care needed?

- Yes
 No and regular risk monitoring in place

Increased risk of refeeding syndrome?

- Low initial electrolytes
 Low BMI (<13 or mBMI <70%)
 Significant co-morbidities (eg Infection, Cardiac failure, alcoholism, uncontrolled diabetes)
 ↻ Start at 5-10 Kcal/Kg/Day
 ↻ Monitor electrolytes twice daily and build up calories swiftly: avoid underfeeding

Lower risk of refeeding syndrome?

- ↻ Start at 15-20 Kcal/kg/day and build up swiftly
 ↻ Avoid Underfeeding Syndrome

Give all adults oral Thiamine and Pabrinex

Monitor

- ↻ electrolytes (especially P, K)
 ↻ ECG
 ↻ Vital signs
 ↻ BMI

Managing

Are medical and psychiatric staff collaborating in care?

- Yes
 No, psych consultation awaited

Are nurses trained in managing medical and psychiatric problems?

- Yes
 No and appropriately skilled staff requested/training in place

Are there behaviours that increase risk?

- Falsifying weight
 Disposing of feed
 Exercising
 Self harm, suicidality
 Family distress/anxiety
 Safeguarding concerns
 ↻ Mobilise psych team to advise on management