Medical Clearance

Your patient _____ DOB _____ is diagnosed with an eating disorder and is considering outpatient eating disorder therapy at Hello Wellness. Eating disorders can lead to serious medical complications, regardless of an individual's weight, and therefore, patients often require medical monitoring. Following the Academy for Eating Disorders, we require patients to get a comprehensive assessment by their physician, which should include a complete set of vitals and a thorough physical examination. We appreciate your assistance with this assessment process. Please find below the required initial diagnostics tests that need to be obtained for your patient.

1. Comprehensive Metabolic Panel, Magnesium, Phosphorus, Electrolytes, Renal Function Tests, Liver Enzymes
2. Complete Blood Count With Differential
3. Electrocardiogram (ECG): Findings including Bradycardia (low heart rate), prolonged QTc (>450msec), other arrhythmias
4. Thyroid Hormone Function Tests
5. Luteinizing Hormone, Follicle-Stimulating Hormone and Estradiol
6. Erythrocyte sedimentation rate (ESR)
7. Bone Mineral Density Test (if amenorrhea is greater than 6 months)
8. Prealbumin

Vitals

Current Height: _____   Current Weight:_____   BMI: _____

Blood Pressure Sitting:_____   Heart Rate Sitting: _____

Blood Pressure Standing:_____   Heart Rate Standing: _____

Respiratory Rate:_____   Temperature: _____

For adolescents, please also send us a copy of your patient's growth chart.

Based on my evaluation of this patient (please check one):

_____ I have determined that she/he/they **is** medically cleared and is stable to participate in outpatient therapy and does not require inpatient eating disorder treatment.

_____ I have determined that she/he/they **is NOT** medically cleared and is stable to participate in outpatient therapy and requires a higher level of care.

Physician Name: _____

Physician Signature: _____ Date: _____

Physician Practice Name:_____   Practice Address:_____

Practice Phone: _____   Practice Fax: _____   Practice Website:_____