

Junior Marzipan Guidelines

Monitoring	Red (High risk)	Amber (Alert to high concern)	Green (Moderate risk)	Blue (Low risk)
BMI and weight	Recent loss of weight of 1kg or more/week for 2 consecutive weeks BMI below 0.4 th centile	Weight loss of between 0.5 – 0.99kg/ week for two consecutive weeks BMI between 0.4 th – 2 nd centile	Weight loss of up to 0.5kg/week for the two consecutive weeks BMI between 2 nd – 9 th centile	No weight loss over past two weeks BMI above 9 th centile
Cardiovascular health	Heart rate (awake) < 40bpm Irregular heart rhythm (does not include sinus arrhythmia)	Heart rate (awake) 40 – 50 bpm	Heart rate (awake) 50 – 60 bpm	Heart rate (awake) > 60 bpm Normal heart rhythm
ECG abnormalities	QTc > 460ms (girls) or 400ms (boys) ECG evidence of biochemical abnormality	QTc > 460ms (girls) or 400ms (boys)	QTc< 460ms (girls) or 400ms (boys)	QTc< 460ms (girls) or 400ms (boys)
Hydration status	Fluid refusal, severe dehydration, reduced urine output, tachycardia	Severe fluid restriction, moderate dehydration, reduced urine output, some tachycardia	Fluid restriction, milk dehydration	Not clinically dehydrated
Temperature	<35.5C tympanic or 35C axillary	<36C		
Biochemical abnormalities	hypophosphataemia, hypokalaemia, hypoalbuminaemia, hypoglycaemia, hyponatraemia, hypocalcaemia	Hypophosphataemia, hypokalaemia, hyponatraemia, hypocalcaemia		
Disordered eating behaviours	Acute food refusal or estimated calorie intake 400 – 600kcal/day	Severe restriction – less than 50% of required intake, vomiting, purging and laxatives	Moderate restriction, bingeing	
Engagement with management plan	Violent when parents try to limit behaviour or encourage food/fluid intake.	Poor insight into eating problems, lack of motivation to tackle problems, resistance to gain weight.	Some insight and motivation into tackling eating problems	motivated to tackle eating problem
Activity and exercise	High levels of uncontrolled exercise >2h/day	Moderate levels of uncontrolled exercise >1h/day	Mild levels of uncontrolled exercise <1h/day	No uncontrolled exercise
Self-harm and suicide	Suicidal ideas with moderate to high risk of suicide	Cutting or similar behaviours, low risk of suicide		
Other mental health diagnosis		Other major psychiatric co-diagnosis		
Muscular weakness – SUSS test Sit up from lying flat Stand from squat	Unable to sit up at all from lying flat Unable to get up at all from squatting	Unable to sit up without using upper limbs Unable to get up without using upper limbs	Unable to sit up without difficulty Unable to get up without noticeable difficulty	Sits up without difficulty Stands up from squat without difficulty
Other	Confusion and delirium, acute pancreatitis	Gastro-oesophageal reflux, gastritis, pressure sores	Poor attention & concentration	