ANOREXIA NERVOSA

Sit-Up, Squat-Stand (SUSS) Test of muscle power

Sit-Up: Patient lies on the floor and sits up without, if possible, using his/her hands

Squat Stand: Patient squats down and rises without, if possible, using his/her hands

Anorexia Nervosa (AN) has the HIGHEST MORTALITY rate of ALL mental health illnesses

Patients with AN are at risk of sudden death (RED FLAGS below)

AN patients MAY NOT trigger traditional Early Warning Scores

Sepsis in AN may be masked by lack of physiological response

**RED FLAG signs include:**

- SUSS ≤ 2
- Postural drop
- Bradycardia
- Hypothermia
- Electrolyte abnormalities
- QTc > 450ms

**Consider:**

- Using MaRSiPAN Guidelines
- Using alternative EWS (MARSIMEWS)
- RATE of weight loss
- Re-feeding advice if admitted

Thank you to Cambridge & Peterborough Clinical Commissioning Group who helped contribute to its endorsement

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For other RCEM issued Safety Flashes and Safety Newsflashes see:

[www.rcem.ac.uk/safetyflashes](http://www.rcem.ac.uk/safetyflashes)