



Request for Specialized Physical Exam and Lab Work*

Counseling & Psychotherapy
818 NW 17th Avenue, Portland, Oregon 97209
Phone: 503-221-4531 • Fax: 503-263-6278
www.AllianceCounselingCenter.org

Thank you for taking the time to review the request for medical examination pertinent to a patient we share who has an eating disorder. Many of these tests, as you know, are routine. However, our medical staff and medical advisors have found that many times physicians appreciate specific guidelines for these high-risk patients. These guidelines are accepted by the National Eating Disorder Association as well as the Academy for Eating Disorders. They have been compiled for our use by Paula Koehler, MD.

We understand your time is valuable so you can simply fax the completed medical results to the fax number in this request.

Any release of information can be sent to the same fax number. Please contact us should you require the ROI we have on file for you.

Thank you so much for your cooperation in this team effort.

Joyce A. Korschgen, LPC, Director

...and the entire staff of Alliance Counseling Center



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Physical Examination

Please include the following in addition to a complete physical examination:

Height/weight/temperature**

Orthostatic blood pressure/heart rate (5 minutes lying, 2 minutes standing—NO sitting.)**

Skin (include turgor, scarring/callus of knuckles, evidence of self-harm)

Lanugo—Parotid gland enlargement—Dentition/enamel—Thyroid

Lab Work and Testing

Chemistry profile (lyles, kidney function, liver enzymes, glucose)

Thyroid testing (TSH, free T4)

CBC

Phosphorus

Magnesium

Amylase (if suspect purging)

Urinalysis (Urine Toxicology screen if concerns about drug use)**

ECG

For Amenorrhea/oligomenorrhea get these additional labs: Estadiol, FSH, LH, Prolactin, Testosterone, HCG

Please list medical diagnosis:

Please comment on how often you plan to see the patient for medical follow-up:

Please list any medications or supplements prescribed:

****Procedure Notes (Best if done in order presented)**

Urine Collection: Do not allow the patient to bring purse into the bathroom. Ask that belongings are set in exam room first. Patient goes to the bathroom, leaves urine sample. Test for specific gravity, ketones, blood, pH, etc. If urine specific gravity is less than 1.010, it is likely that the patient is water loaded and weight will NOT be accurate.

Weight: AFTER voiding patient goes into exam room and takes off all clothes except bottom underwear and puts on a hospital gown. Weight is obtained in hospital gown, back to the weight display on the scale, minimal under clothes, and after voiding. Whether patient is told weight is provider's decision.

Orthostatic vitals: Patient lies flat for 5 minutes, measure blood pressure and heart rate. Patient stands for 2–3 minutes, measure blood pressure and heart rate. To meet diagnosis and hospitalization criteria of orthostatic by blood pressure, systolic blood pressure must drop by more than 10 from standing to lying. To meet diagnosis for orthostatic by heart rate, heart rate must go up by more than 20 from lying to standing. To meet criteria for hospitalization for orthostatic by heart rate, heart rate must go up by more than 35 from lying to standing.

* Used with permission from Paula Koeller, MD