

P02-298 - **CLINICAL COURSE OF PATIENTS WITH ANOREXIA NERVOSA IN AN IN-PATIENT ADOLESCENT EATING DISORDER UNIT**

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Introduction: This study examined adolescents with anorexia nervosa admitted to a tertiary referral unit in Dublin over a 3 year period. The aims of the study were to assess changes if any in patient clinical and laboratory parameters specifically weight change, body mass index (BMI), cardiovascular, haematological and biochemical measurements over the course of in-patient stay.

Methods: Hospital computerized databases and clinical case notes were examined for each patient. Results were compared with Royal College of Psychiatrists (RCP) and National Institute for Clinical Evidence (NICE) guidelines for treatment of in-patients with anorexia nervosa.

Results: There were a total of 42 admissions over the 3 years. 7 males and 35 females were admitted. Median length of admission was 88 days. Female patients gained on average 7.2 kilograms during their admission. The average female BMI on admission was 14.9 on admission and 17.6 on discharge. 82.3% of female admissions had blood abnormalities, the most common being anaemia and hypokalaemia. 45.7% of female patients had an abnormal electrocardiograph. 25% of female patients required transfer out during their admission for medical review.

Conclusion: The eating disorder unit fulfilled the RCP and NICE guidelines for 97.6% of patients in terms of blood results performed and 92.8% in terms of electrocardiographs performed. The average BMI on discharge for both males and females was above 17.5 which is regarded as the normal cut off point for anorexia nervosa. The importance of this study despite its limited sample size is that it is the first study of investigations and outcomes in an Irish in-patient adolescent eating disorder sample.