

LEVELS OF CARE FOR EATING DISORDERS

American Psychiatric Association

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Medical Complication	Medically stable to the extent that more extensive medical monitoring as defined in levels 4&5 is not required	Medically stable to the extent that more extensive medical monitoring as defined in levels 4&5 is not required	Medically stable to the extent that more extensive medical monitoring as defined in levels 4&5 is not required 3+ Medically stable to the extent that intravenous fluids, nasogastric tube feedings, or multiple daily laboratory tests are not needed	Medically stable to the extent that intravenous fluids, nasogastric tube feedings, or multiple daily laboratory tests are not needed	Adults: HR<40bpm BP<90/60 Glucose <60 mg/dl Potassium <3 meq/l Electrolyte imbalance Temp<97.0 F Dehydration; Hepatic, renal, or cardiovascular organ compromise requiring acute treatment Child/Adolescent: HR in 40s; Orthostatic BP changes(>20 bpm increase in HR or >10- to 20-mm Hg drop); BP<80/50 mm Hg; hypokalemia or hypophosphatemia	
Suicidality	No intent or plan	No intent or plan	No intent or plan 3+ Possible Plan but no intent: Acute vs. Chronic; Past History vs. Family History Ability to Contract	Possible Plan but no intent: Acute vs. Chronic; Past History vs. Family History Ability to Contract	Intent and plan	
Weight as % of Healthy Body Weight Rule of Thumb*	>85%	>80%	>75%	>75%	<75% (for children and adolescents: acute weight decline with food refusal even if not <75% healthy body weight)	<75% Weight was refractory to Level 1-5 TPN
Motivation to Recovery	Fair to Good	Fair	Partial; preoccupied with ego-syntonic thoughts more than 3 hours a day; cooperative	Fair to Poor; preoccupied with ego-syntonic thoughts more than 3 hours a day; cooperative with highly structured treatment	Poor to Very Poor; preoccupied with ego-syntonic thoughts 4-6 hours a day; uncooperative with treatment or cooperative only in highly structured environment	

*Men: 106 lbs. for the first 5 ft. and 6 lbs. per inch (BMI = 23.8)

*Women: 100 lbs. for the first 5 ft. and 5 lbs. per inch (BMI = 21)