

## Physical examination in Anorexia nervosa

### General examination

- Thin/emaciated
- Dry skin/yellow discolouration
- Weigh patient and check height. Calculate BMI

### Examination of hands/arm

- Brittle nails
- Calluses/laceration on knuckles (Russell's sign)
- Pallor
- Bradycardia/Low blood pressure
- Swollen joints/healed fractures
- Lanugo hair (arms and chest)
- Look for signs of self harm

### Examination of the face

- Swollen parotid glands
- Dental caries
- Conjunctival haemorrhages from vomiting

### Cardiovascular examination

- Apex beat
- Auscultation
- Sacral and pedal oedema

### Abdominal examination

- Scratch marks (hyperbilirubinaemia)
- Liver palpation
- Ascites

### Neurological examination

- Proximal myopathy (ask the patient to rise from squatting position)
- Rule out peripheral neuropathy

### Medical complications

- Elevated growth hormone
- Low T3/high T4/suppressed TSH
- Decreased gonadotrophin hormones
- Bradycardia, hypotension and dehydration
- Normochromic normocytic anaemia, leucopenia and thrombocytopenia
- Hypokalaemia and hyponatraemia
- Low calcium, phosphate and magnesium
- Deranged LFTs
- Low folate and vitamin B levels