



# Outpatient Eating Disorders Program

## What to expect at your medical evaluation

Answers to common questions about an evaluation in the Outpatient Eating Disorders Program

Welcome to the Outpatient Eating Disorders Program. We want your adolescent's evaluation visit to go as smoothly as possible, and we want to help prepare you for what to expect. Here are answers to some questions that you may have.

### Who will see my adolescent, and what happens during the visit?

The first visit, the evaluation, will be in our Adolescent Medicine Clinic. Here are the providers your adolescent will see and what will happen during the visit.

#### 1. Medical assistant:

- Takes vital signs (blood pressure, temperature, height, weight)
- Takes blood pressure or heart rate lying down and then standing up, if needed
- Weighs your adolescent in a gown, facing away from the scale, and after they go to the bathroom. You or your child will not be able to see the weight.
- Draws blood or does other tests if provider requests

#### 2. Medical provider (doctor, nurse practitioner or physician's assistant):

- Takes patient and family medical history
- Talks to adolescent alone
- Does a physical exam
- Reviews lab results, orders lab work and tests
- Refers you to other medical and nutrition providers
- Briefly discuss mental health treatment options

#### 3. Nurse:

Provides education about the eating disorder and general program information

#### 4. Social Work (may be part of team, depending on family needs):

Provides parent support and helps families get the resources they need during treatment

### To Learn More

- Adolescent Medicine Clinic  
206-987-2028
- [seattlechildrens.org/patients-families/](http://seattlechildrens.org/patients-families/)
- [seattlechildrens.org/eatingdisordersvideo](http://seattlechildrens.org/eatingdisordersvideo)
- Ask your child's healthcare provider

### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

### How long is an evaluation?

The evaluation visit typically lasts 90 minutes or more.

### What is the purpose of the evaluation?

We will evaluate your adolescent's health and determine if they have an eating disorder. If they do, we will talk about treatment options.

You will leave with a plan of care that includes which providers to see and how often, and general care guidelines. If your adolescent has serious medical issues, we may need to admit them to the hospital to stabilize their health.

### What should I bring?

- Clinic notes, growth charts, lab and other reports; if you have them
- Your adolescent's medicines and medical equipment
- Any forms that might need to be signed by our providers; for example, school forms

### What can I expect as a parent/caregiver?

The medical provider and nurse will ask you questions about your adolescent's health and medical history. Once the evaluation is complete, your provider will go over treatment options and next steps.

Based on the treatment plan your family chooses, you will need to make follow-up appointments and find providers who are included in your insurance plan. We will give you more information at the visit.

To learn more about your visit to Adolescent Medicine Eating Disorders Clinic, visit [seattlechildrens.org/clinics/eating-disorders/what-to-expect/](http://seattlechildrens.org/clinics/eating-disorders/what-to-expect/).