



### Telehealth

This visit was conducted as audio-visual (AV) via Spruce Health which is HIPAA secure.

notes ▼

Patient/Parent has verbally consented to participate in the telehealth consultation. The nature of the telehealth services, including any associated risks and limitations, was explained and understood. The patient/parent acknowledged and accepted these terms prior to the commencement of the appointment.

notes ▼

Patient location

notes ▼

Provider location

notes ▼

**Clinical Care Team (Chart-wide)** No Saved Notes

Edit

### Informant/Relationship

▼

### Vitals

Height  in +

Weight  lbs  oz +

BMI

Pulse  bpm +

Blood Pressure  s /  d +

Unspecified Location ▼

Sitting ▼

Respiratory Rate  bpm +

Temperature  °F +

Tympanic ▼

O<sub>2</sub> Saturation  % +

More

### Telemedicine Vitals

Select All

Vitals taken by Parent/Patient utilizing ClearStep remote monitoring and send over via App

notes ▼



Vitals taken by Parent/Caregiver and stated during this visit

notes ▼

add item ▼

notes ▼

**Vital Notes**

▼

▶ **Ideal Body Weight (Chart-wide)** No Saved Notes

Edit

**Intake**

**Growth Charts**

Growth Charts are not available when patient's sex is unknown.

**Problem List (Chart-wide)**

Display: All Statuses ▼

Edit

Status	Problem	Problem Note	Onset	Resolved

**Past, Social, Family History**

**Medical History (Chart-wide)** No Saved Notes

Edit

**Allergies (Chart-wide)**

Display: All Statuses ▼

Edit

Status	Allergy	Reaction	Onset	Resolved

**Medication History (Chart-wide)** Last Modified N/A

Display: All Statuses ▼

Status	Medication	Instructions	Start	Stop

Mark as Reviewed

fineprintLbl

**Family Medical History (Chart-wide)**

Edit

Condition	Relationship	Note

**Social History (Chart-wide)** No Saved Notes

Edit

▶ **Confidential Notes (Chart-wide)** No Saved Notes

Edit

**ED onset (Chart-wide)** No Saved Notes

Edit

**ED Behavior Timeline (Chart-wide)** No Saved Notes

Edit



**Mental Health Treatment History (Chart-wide)** No Saved Notes

Edit

**Interim History**

**24 Hr Food recall**

Breakfast

notes ▼

AM Snack

notes ▼

Lunch

notes ▼

Afternoon Snack

notes ▼

Dinner

notes ▼

PM Snack

notes ▼

Fluids

notes ▼

**ROS**

Make All:  Yes  No  N/A

Yes No N/A

General - fatigue, weakness

notes ▼

General - night sweats

notes ▼

Sleep - general sleep issues

notes ▼

Sleep - hard to fall asleep



notes

Sleep - hard to stay asleep

notes

Cardiac - lightheaded

notes

Cardiac - palpitations

notes

Cardiac - swelling in ankles

notes

Yes No N/A

Respiratory - shortness of breath, dyspnea

notes

Endo - amenorrhea, irregular cycles

notes

Endo - hot flashes

notes

Endo - cold often

notes

GI - abdominal pain with anxiety

notes

GI - abdominal pain with food

notes

GI - acid reflux

notes

GI - Constipation

notes

Yes No N/A

GI - Diarrhea

notes

MSK - weakness, unable to exercise/exert self

notes

Neuro - "brain fog", cognitive slowing, grades slipping



notes

Neuro - headaches

notes

Psych - h/o suicide attempts

notes

Psych - self harm (current or past)

notes

Psych - suicidal ideation (current or past)

notes

add item

notes

**Growth/Development History**

Select All

LMP

notes

Male Acne/body hair/facial hair

notes

History of contraception

notes

add item

notes

**Physical Exam**

Make All:

ABN NL N/E

General Appearance

notes

Respiratory

notes

Head

notes



Eyes

Neurologic

add item

**Lab**

Print Labels    Generate Requisition

Eating Disorder Electrolytes - monitoring

Pregnancy screen/HCG (urine, in office)

select a lab

**Medical Test**

select a medical test

**Medical Procedure**

select a medical procedure

**Radiology**

Generate Requisition

select a radiology

**Diagnoses**

Anorexia nervosa, restricting type

Include on Patient Reports

Add to Problem List    Onset:     Problem Note:

Anorexia nervosa, binge-eating purging type

Include on Patient Reports

Add to Problem List    Onset:     Problem Note:

Eating disorder

Include on Patient Reports



notes

Add to Problem List

Onset:

Problem Note:

Constipation

Refine the diagnosis of Constipation

Include on Patient Reports

notes

Add to Problem List

Onset:

Problem Note:

select diagnosis

notes

### Assessment

### Screening

PHQ-9

SCARED Screening

### Eating Disorder Plan

General - monitor weights closely as patient currently in weight gain phase following malnutrition.

notes

Medication Management

notes

Meal plan per RD - 3 meals and 2-3 snacks

notes

Labs

notes

Education provided on abnormal labs secondary to eating disorder

notes

Education provided on importance of strict adherence to the meal plan

notes



- Education provided on abnormal vital signs and recommend continued monitoring to track improvement with consistent nutrition  
notes
- Exercise - Restricted due to medical concerns.  
notes
- Exercise - minimal exertion. Allow 20 minutes of walking or light activity 3 days per week max.  
notes
- Exercise - no restrictions  
notes
- GI- Constipation is a common complication of both malnutrition and introduction of feeds. Recommend Miralax and increased water/fluid intake. Education provided.  
notes
- Menses - currently taking OCPs  
notes
- add item  
notes

**Plan Notes**

[Empty text box for Plan Notes]

**Greater than 50% of today's visit was spent in counseling**

- Select All**
- The majority of time was spent on expertise education regarding eating disorder and coordination of care with multidisciplinary care team  
notes
  - >45 minutes total  
notes
  - >25 minutes total  
notes
  - >15 minutes total  
notes
  - add item  
notes





**Followup**

- Follow up in 1 month
- Follow up in One Week
- Follow up in 10 days
- 

**Referral**

**Care Plan (Chart-wide)**

Display:

No Interventions

**Forms**

**Visit Documents**

**Navigational Anchors in CEDAR Eating Disorder F/U - Telemed**

1. Vitals
2. HPI
3. Growth Charts
4. Past, Social, Family History
5. Medication History
6. Confidential Notes
7. Physical Exam
8. Lab
9. Diagnoses
10. Eating Disorder Plan
11. Plan Notes
12. Prescriptions
13. Forms