



The Dangers and Discomforts of Eating Disorder Treatment: Refeeding Syndrome, Pseudo Bartter Syndrome, and More

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Credit: One (1) Continuing Education Credit Awarded

Posttest (For reference only. You must take and pass the test online for CE credit.)

1. Which is a common lab finding in refeeding syndrome?
 - a. Low BUN
 - b. Low phosphorus
 - c. High platelets
 - d. High red blood cells

2. Which of the following is a risk factor for refeeding syndrome?
 - a. History of laxative abuse
 - b. Recent severe weight loss
 - c. History of binge eating disorder
 - d. Excessive caffeine intake

3. Which is true of anorexia nervosa?
 - a. It cannot be diagnosed based on lab values.
 - b. It commonly causes esophageal ulcerations
 - c. It tends to cause perimolysis
 - d. It never causes chest pain

4. Refeeding syndrome can result in all of the following EXCEPT:
 - a. Respiratory failure
 - b. Heart failure
 - c. Death
 - d. Improved cognitive function

5. Interventions to assess and prevent refeeding syndrome include which of the following?
 - a. Rare lab checks
 - b. Avoiding phosphorus supplements
 - c. Avoiding high carbohydrate meal plan
 - d. Rapidly escalating meal plan

6. Which of the following happens in pseudo Bartter syndrome?
 - a. Hyperaldosteronism leads to fluid retention and edema
 - b. Excessive exercise causes normal EKG
 - c. Water loading causes urinary tract infections
 - d. An abnormally high bone density

7. Patients at risk for pseudo Bartter syndrome should:
- Receive RAPID IV fluid boluses
 - Have regular edema checks
 - Always be treated at home
 - Avoid saline fluids
8. Which of the following is NOT common during eating disorder treatment?
- Chest pain
 - Headaches
 - Abdominal pain
 - Aortic stenosis
9. Which is NOT a reason to step up to a higher level of care?
- Low potassium
 - Eczema
 - Rapid weight loss
 - Abnormal EKG
10. Which of the following is true?
- Purging by vomiting can cause low potassium
 - Patients with anorexia always have low blood sugar
 - Headaches during E.D. treatment are usually caused by water loading
 - Dehydration from fluid restricting protects against pseudo Bartter syndrome