2.9. Knowledge of physical health issues in an inpatient context

- An ability to draw on knowledge that children/young people admitted to inpatient units may have a higher incidence of physical health problems than their peers, e.g.:
  - being overweight or underweight
  - metabolic syndrome (a cluster of conditions which increases the long-term risk of heart disease or stroke, and includes the presence of at least three of the following: increased waist circumference, high triglycerides, low high-density lipoprotein, high blood pressure, insulin resistance or high blood sugars)
  - health problems related to behavioural factors, e.g.:
    - low rates of physical activity
    - high rates of sedentary behaviour
    - smoking, alcohol and drug use
    - poor diet (e.g. high rates of consumption of high-calorie/low-nutrient foods)

- An ability to draw on knowledge of factors that may reduce the likelihood of being active (e.g. low motivation, poor sleep, peer influence, lack of interest in activity, social anxiety and low confidence)

- An ability to draw on knowledge of the risk that inpatient settings can be obesogenic (encourage unhealthy weight gain) because of:
  - restrictions on movement
  - lack of access to outdoor space and community facilities
  - reduced opportunities to be active
  - less control over dietary intake
  - increased access to calorie dense foods

- An ability to draw on knowledge that some psychotropic medications have metabolic side effects, which can lead to weight gain

- An ability to draw on knowledge of common acute complications related to malnutrition associated with eating disorders, including:
  - bradycardia
  - postural hypotension
  - dehydration
  - electrolyte disturbance
  - hypothermia
  - haematoconcentration due to dehydration
  - gastrointestinal problems
  - endocrine problems