

ADOLESCENT ANOREXIA NERVOSA ULTRASOUND

Ultrasound Assessment in Adolescent Patients with Anorexia Nervosa for assessment of pelvic organ maturity

Objective To ensure that all staff follow correct procedure of evaluation in the Adolescent Patient with Anorexia Nervosa for the assessment of pelvic organ maturity.

Responsibility All Sonographers, Trainee Sonographers, Registrars and Radiologists performing Adolescent ultrasound examinations.

Frequency For all Adolescent Ultrasound Examinations in the setting of Anorexia Nervosa for the assessment of pelvic organ maturity as requested by a clinician and subsequently prioritized by a Radiologist:

Procedure The following table describes the process to be followed for ultrasound examination of pelvic organ maturity in the Adolescent patient diagnosed with Anorexia Nervosa.

Step	Action
1	Look at old films/ultrasound +/- report before starting.
2	Patient instructed to have a full bladder.
3	Measure and document the uterine length. If pear shaped use the sum of 2 measurements as follows; <ul style="list-style-type: none"> • Length taken from the fundus to centre of uterus at point of inflection • Length from the external os of the cervix to that point of inflection.
4	Document uterine configuration – shape of uterus.
5	Measure and document both the AP diameter and width of the uterus.
6	Measure and document endometrial thickness ensuring that full thickness is measured.
7	Measure and document ovarian volumes – volume of < 2cm ³ indicates immaturity.
8	Follicular assessment: <ul style="list-style-type: none"> • Count number of follicles – the number of follicles in one plane that are >2mm are described as multiple/few. • Size of largest follicle if one is notably larger than others. • Distribution of follicles: scattered throughout stroma/located peripherally.
9	Document and comment on the echogenicity of the stroma.
10	The kidneys should be imaged as per paediatric renal tract protocol.