Results There were 57 presentations of 34 young persons identified. The mean age was 13.4 years, with a female to male ratio of 8:2. A progressive increase in the proportion of presentations in the 0–12 years cohort was identified. 25% presentations were unknown to Child and Adolescent Mental Health Services (CAMHS) at the time of presentation. Anorexia Nervosa Restricting type accounted for the vast majority of presentations (68%), followed by ARFID (14%). 54 out of 57 presentations required admission, and the mean length of admission was 12 days (range 1–41). The average median% BMI on admission was 72% and 80% at discharge. Nearly half of those admitted were discharged to a CAMHS inpatient unit. Evidence of compliance of recording JMARSIPAN parameters was approximately 60% on admission and 43% on discharge.

Conclusion This study provides important data regarding patterns of clinical presentation for this high risk population, and will be useful in service planning and development. It confirms an increase in presentations of young persons with restrictive eating disorders over the last 5 years, in particular in the age 0–12 cohort, in line with international trends. Young people are presenting with severe physical complications, and the majority required admission for medical stabilization. In line with services internationally, the study indicates historic deficits in the standards of risk assessment compared to JMARSIPAN guidelines. The Tallaght University Hospital has introduced new Paediatric Guidelines on Management of Anorexia Nervosa in 2019, and we will complete the audit of practice in one year.

Our results highlight the need for further radiation protection teaching. Participants were given immediate feedback on completing the questionnaire, however further efforts are needed to ensure that practitioners have the knowledge to weigh the risks and benefits of appropriate medical imaging for their patients.