8) Your physical health will be monitored closely whilst you are here including regular vital signs (heart rate, blood pressure, temperature etc) daily blood tests and ECG's.

We know this care plan may feel daunting at the moment but it is important to remember that the aim is to help ensure that you are physically well enough to continue your recovery at home, with community support where needed, as soon as possible. We are here to support you with the plan as much as possible. Please feel free to ask any questions to the team caring for you.

A similar information booklet has also been given to your parents/carers so that they are fully aware of your treatment.

We hope that you've found this booklet helpful, but we know that you'll have a lot more questions and may need other resources.
Here are some that you might find helpful:

Beat services
• Visit https://www.beateatingdisorders.org.uk/ for information and online support groups or call the Youthline on 0808 801 0711 or email fyp@beateatingdisorders.org.uk.

Rethink
Information and support for anyone affected by mental health issues. Visit rethink.org or call 0300 5000 927.

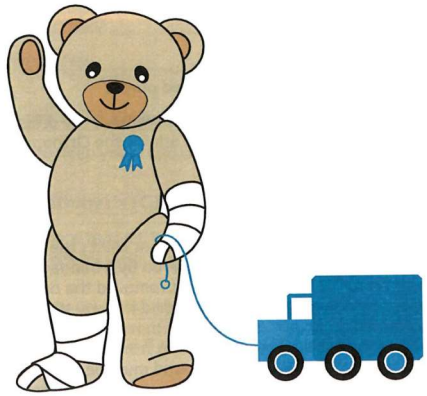
Self-harm UK
A charity supporting young people who are self-harming, which can sometimes occur alongside an eating disorder. Visit selfharm.co.uk.

Books

- Overcoming Problem Eating by Patricia Furness-Smith
- Eating Disorders: The Path to Recovery by Dr Kate Middleton
- Anorexia nervosa, A recovery guide for sufferers, families and friends by Janet Treasure and June Alexander.

Leaflet produced by Women and Children's Division, Paediatric Mental Health Liaison Team with reference to: Guidance for ward management of patients admitted with known or suspected anorexia nervosa. Dr. Gillian Baksh November 2014

Guidelines for management of young people with a suspected or confirmed Eating Disorder



Information booklet for child/young person

Admission Process:

You have been admitted to the paediatric ward for treatment due to medical concerns relating to low nutritional intake with the aim of stabilising your physical health. An important aspect of your treatment will involve ensuring that you have adequate daily amounts of food and drink.

We know that this can be a very distressing and difficult time both for yourself and your family/carers but we want to reassure you that you are in a safe place. We believe that it is most helpful if you are fully informed of your treatment plan on admission to help you know what to expect. We are also aware that you may not have received a formal diagnosis yet.

Although the following plan may appear strict and rigid, we hope that it will make things clear and you will feel confident about what will happen during your admission.

Once you have been admitted and settled onto the ward, we will go over your meal plan with you.

Meals times:

Breakfast: 8am
Morning snack: 10am
Lunch: 12pm
Afternoon snack: 3 or 3:30pm
Dinner: 5pm
Evening snack: 8pm

Care Management Plan:

1) You will be weighed in A+E and the morning after your admission. From then on, you will be weighed twice a week, prior to breakfast, in your nightwear (without a dressing gown). You can discuss with the team whether you want to know your weight.

2) You will be given a variety of meals to choose from to ensure you receive adequate nutrition. Staff/parent/carers will not engage in any negotiation regarding choices. We know this can feel very difficult but it is helpful to think about the food you are being expected to eat as being your prescribed medicine or treatment. You are in hospital because your physical health is at significant risk so it is really important that we stick to the prescribed diet.

3) You will only be allowed food dislikes that you had prior to your illness. This will be discussed with you and your parents/carers. Staff will not enter into any discussion or negotiation regarding this.

4) All meals and snacks will be supervised by staff and the following time limits will be followed:

- 30 minutes per main meal
- 20 minutes per dessert
- 30 minutes for breakfast,
- 20 minutes for snacks

Staff and parent/carers understand that eating can be a very distressing experience for someone with eating difficulties. In our experience we have found that the most effective approach to this is to be supportive but very firm in our expectation that you will eat all of the food. We expect meals to be completed in full. At the end of these times any left-over food will be taken away and you will be given a supplement drink to achieve the nutrition you need.

5) As we have significant concern about your physical health at the moment, you will be on strict bed rest and will be expected to go to the toilet with family or nursing observation. Minimal physical activity (e.g.; walking short distances around the ward) is planned into your treatment once you are more physically stable.

6) It is likely, that in the weeks leading up to your admission that your parents/carers have been extremely worried about you. We know that a lot of people will have shown high levels of distress and anger at mealtimes and parents/carers may have often found themselves backing down for fear this behaviour. We would like parents/carers to be able to support with your meals whilst you are on the ward, so that they can continue to support you once you are home.

7) Decisions around your care plan will be made by the whole team (paediatrician, psychiatrist, nurses, and dietician) at a weekly review meeting.