WESTMEAD HOSPITAL

Information for patients and family/carers

Adolescent Ward Inpatient Program for
Anorexia Nervosa

We recommend that this brochure be read in conjunction with:
“Anorexia Nervosa: Treatment Guide for Consumers and Carers”
Australian and New Zealand College of Psychiatrists
Available from Dept of Adolescent Medicine, Westmead Hospital

The Adolescent Ward is located on Ward A4c.
Phone number for the Adolescent Ward is 9845 6099

GA/Dept/brochure … updated: 16/3/10
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A Note to Patients and their Families or Carers

Welcome to the Adolescent Ward (A4c) at Westmead Hospital.

We believe that every young person on this ward has unique strengths, abilities and health care needs. Rest assured that the nursing staff and the Adolescent Eating Disorders Treating Team are here to support and guide you through this treatment program. We encourage you to speak with the doctors and other treating team members any time you have questions or concerns.

The Adolescent ward has a long history of caring for young people with eating disorders and their families. Extensive research and experience underlies the philosophy of the inpatient program which is to provide a safe, supportive and therapeutic structure to correct the medical complications related to malnutrition, restore health through safe eating and nutritional rehabilitation and reduce abnormal eating behaviours.

We know that renourishment is essential to reverse most of the medical complications of anorexia nervosa. We also know that people who are malnourished are unable to engage in meaningful psychological treatment. Therefore nutritional rehabilitation is the primary goal of hospitalisation. We ask that families not bring food from home as we supervise nutritional requirements and eating.

Parents or carers have a crucial role in our treatment program. We need you to work together with us in order to restore your child’s health and wellbeing. Your commitment to our treatment program is essential if we are to ensure the best outcome for your child. We ask that you stand firm with us and be strong in the face of anorexia’s resistance to treatment. By doing this, you are giving your child an important message: that their health, safety and well being are very important to you.

Other underlying psychological issues that may have contributed to the development of the eating disorder take considerably longer to change. You will require ongoing outpatient management to treat these issues, and to prevent relapse, after discharge from hospital. Discharge and integration back to home and school, and follow up outpatient care is therefore a vital part of the treatment process.

Please note: If you agree to participate in any special research program during your hospital stay, separate information describing this program will be discussed with you.

Interpreter Services: A free confidential Health Care Interpreter Service is available 24 hours, 7 days a week. Ask staff to arrange an interpreter for you. AUSLAN interpreters are also available.

No Smoking Policy: ALL SWAHS facilities are smoke free. This means that smoking is not permitted anywhere on the grounds or inside the buildings. For assistance to quit call the Quitline® on 131 848

Parking Arrangements: Off street parking is available on campus for a fee.

Acknowledgement of Carers: Carers provide care and unpaid assistance to others. They may be family members, friends or neighbours. It is important to let health staff know if you have a carer or a disability.
Our service combines the expertise of adolescent medicine and psychological medicine along with staff from other health professions (see below) who work together as a team to comprehensively look after your health. This team meets twice each week to make decisions regarding ongoing treatment plans. All adolescent patients on the ward meet with the Adolescent Team on Mondays and Fridays to discuss their progress and ongoing care.

The Adolescent Treating Team

- **Medical Doctors** – are responsible for admitting patients, medical management, performing physical assessments and requesting investigations.

- **Clinical Nurse Consultant** - can provide you with individual support and guidance throughout your stay in hospital, advocate for your needs and help your family to better understand your illness and treatment

- **Ward Nursing Staff** – provide 24-hour support, safety & containment, monitoring of health & well being, and supervision of treatment plans, which include nutritional rehabilitation. The Nursing Unit Manager is available on weekdays to answer or direct any queries you may have.

- **Social Worker** – can provide individual and group therapy, as well as support and practical assistance to your family.

- **Clinical Psychologist** – can provide psychological assessment and support as well as weekly group therapy for patients.

- **Psychiatrist and Psychiatry Registrar** – provide psychiatric assessments when needed and ongoing review of progress

- **Dietitian** – provides assessment, ongoing management and education about dietary requirements and can help answer all questions related to healthy eating and meal plan

- **Physiotherapist** – provides a graded program of exercise to support rehabilitation, muscle strengthening and toning in consultation with the medical team. Depending on your physical health and progress, our physiotherapist provides a structured and supervised exercise program, which may include going to the hospital gym.

- **Family therapist** helps you and your family to work together to overcome this illness. Most family therapy appointments are scheduled for after your discharge from hospital. If your treatment plan includes family therapy, you will meet the Family Therapist prior to discharge and outpatient appointments will be made for you.

- **Occupational Therapist** – provides activity based individual & group interventions including creative expression, time and stress management, goal setting, relaxation and social eating experiences that can be useful during and after your admission to hospital

- **School Teachers** – design individual education programs and may liaise with your home school to help keep you up to date with your current school work.
Adolescent Ward Eating Disorders Program

Weight restoration
A target weight (to be reached before going home) will be calculated by the Adolescent Team. You will generally be required to gain 1kg each week that you are in hospital and maintain your discharge weight for a few days prior to going home.
The treating team will calculate your individual energy requirements every week.
The Dietitian will work with you to develop a meal plan that will help you achieve your goal weight each week. If you eat the food provided and refrain from abnormal weight losing behaviours, then you will meet your weekly weight goals.

Supplemental feeds
In the early stages of admission it may be necessary to give supplemental feeds via a naso-gastric tube for medical stabilisation. Later these supplements can be given to drink as part of nutritional rehabilitation, or if you are unable to eat all of your meals and snacks.

Recovery levels
The program is based on Recovery Levels (see overleaf) through which you progress. Weight gain is considered only one part of your progress. Improvement in eating behaviours and your medical and psychological well being are also important to your recovery.
The aim is to integrate you safely back to home and school as soon as you are nutritionally and physically recovered.

Physiotherapy levels
Once the treating team decides it is safe for you to exercise, you will be allowed to go to the hospital gym twice each week (Wednesdays and Fridays from 8.30am – 9.00am) under the direct supervision of our physiotherapist. The health benefits of appropriate exercise include strengthening muscles and improving muscle tone, increasing bone density, improving posture and helping to ensure that weight is gained as muscle rather than fat. Other general benefits of exercising include relaxation, socialising and having fun. Track pants and sneakers are required in order to attend the gym.

Group therapy
Activity based group interventions are held on the ward after lunch from Monday to Thursday. These groups are compulsory for all patients. The Clinical Psychologist and Occupational Therapist manage the Group Therapy program.

Individual therapy
A therapist from the treating team will be available to help you talk about your thoughts and feelings whilst you are in hospital. After discharge you may be referred to a family or individual therapist for ongoing care.

School
A NSW Department of Education schoolroom is situated on the ward and is staffed by several experienced high school teachers. The school aims to help you continue your own school studies whilst you are in hospital. When you are well enough, you will attend school daily from Monday to Friday during normal school terms. Teachers will provide a program that will meet your individual needs. Please be dressed, organised and ready to enter the classroom on time (see timetable in this brochure).
Safe eating, nutritional rehabilitation, normalisation of eating behaviours and other aspects of your personal progress are rewarded with increased physical activity, social activity and gate passes (time away from the hospital) in preparation for your discharge home.

**Basic levels of recovery activities**

1. **Strict bed rest** (for medical stabilisation and to conserve energy) involves complete bed rest with no shower or toilet privileges. On this level you may be allowed to attend school and group activities in a wheelchair, but are not allowed to walk around the ward or go to the hospital gym for physiotherapy.

2. **Bed rest with toilet privileges** involves resting on your bed for most of the day. However, you can attend a 10-minute shower once each day, go to the toilet when necessary and attend the gym (if allowed by your doctor) under the supervision of the physiotherapist. You go by wheelchair to school, group therapy and the gym.

3. **Ward ambulation** allows you the freedom to walk around the Adolescent Ward area and join in all the ward activities. Patients on this recovery level may not leave the ward area unless they receive special permission from the treating team (see below).

**Gate pass**

A gate pass allows you to leave the hospital, usually on weekends for certain periods of time – eg. between meals, half-day, full day, overnight and up to two days. Gate passes are given from as early as the second week of admission as a reward for progress in all aspects of the program and to help you practice eating at home and eventually integrate back to school.

The doctor must sign gate pass forms before you leave the ward. This will state the maximum time you are allowed out and the expected time of your return to the hospital. The doctor will liaise with your parents/caregivers regarding a planned gate pass. Your parents collect or nominate a person responsible to collect you from the ward. If you take medication in hospital, ask your doctor about giving you some to take home when you are on gate pass. Once permission for leave is granted, you must check with a nurse before leaving the ward. Please phone the ward and tell the nurse if your return from a gate pass is delayed for any unforeseen reason.

**Special permission to leave the ward area**

Nursing staff must know where you are at all times. Under no circumstances can you leave the ward area or the hospital without permission from your nurse. After consultation with the Adolescent Team, you may be given special permission to go downstairs within the hospital (eg. to the coffee shop with a family member who is over 18 years of age).

You cannot leave the ward until you are given permission from your nurse and have then signed the “In/Out Book” kept at the nurse’s desk. Unless the nurse tells you otherwise, you can leave the ward for 20 minutes only. You must let the nurse know you are back and sign back in when you return to the ward.

**Visiting Hours**

**Monday to Friday**: Visiting hours are 4pm to 8pm (excluding mealtime from 6pm to 6.30pm).
Social Eating
Meals and snacks are eaten together in a supportive environment in the ward dining room. While we acknowledge that eating can be a stressful time for you, we ask that you act in a positive manner and support other patients who may be struggling to recover. Nursing staff supervise meal times and will encourage normal eating behaviours.

Initially the dietician will prescribe your food. As you progress, you will be able to order your own food from the daily hospital menu and the dietician will check your menu orders. If you don’t order sufficient food choices from the menu, extra food will be supplied on your meal tray. (Please note that patients who require a feeding tube will have their menu prescribed by the dietician.) No storage or swapping of food is allowed.

We ask you to eat at a normal pace, complete your meal within 30 minutes and your snacks within 20 minutes. If you find it too difficult to eat all your meal or snacks in this time you may be given food supplements (eg. Ensure Plus). This usually involves drinking two Ensure Plus “poppers” to replace an uneaten main meal and one Ensure Plus “popper” to replace an uneaten snack. Please remain seated at the dining table until the end of mealtime.

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Phone calls
You may receive incoming calls from family and friends as long as they do not interfere with school, group therapy or meal times. The Nurse’s Desk phone is for incoming calls and emergency use only.

Mobile phones can be used before 8.30am and after 4pm except during meal times. Mobile phones are not to be taken into the school or group rooms and will be sent home or locked away if used inappropriately.

Nursing Care
The nursing staff of the ward are your primary care givers whilst you are in hospital. If at any time you are feeling uncomfortable, talk with one of the nurses as they will help and support you.
Medical Care

During admission it will be necessary to have regular medical examinations and blood tests to monitor your medical condition and nutritional recovery.

Medication

Patients admitted with an eating disorder are given vitamins and nutrient supplements. Other medication may be prescribed when there is an identified clinical need. The decision to prescribe medications is usually taken in consultation with your medical and psychological consultants.

Weigh Days

You will generally be weighed on Mondays, Wednesdays and Fridays before breakfast. Spot weighs can be attended at any time while you are in hospital.

Locker Searches

Staff may at times be required to check your lockers. There is no acceptable reason to store food or any thing else that may prolong your recovery.

Dress Code

All clothing worn on the ward must be appropriate to a hospital setting. If your clothing is inappropriate you will be asked to change. As this hospital is air conditioned, you will need to wear adequate clothing including long sleeved tops at all times to keep your body well covered and warm.

Eating Disorder Program Timetable
(School Terms)
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<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>Before 7.00am</td>
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<td>8.00 – 8.30am</td>
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<td>10.30 – 11.00am</td>
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<td>11.00 – 12.30am</td>
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<td>12.45 – 1.15pm</td>
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<td>1.30 – 3.00pm</td>
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<td>3.00 – 3.30pm</td>
<td>Afternoon tea</td>
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<td>4.00 – 6.00pm</td>
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<td>6.00 – 6.30pm</td>
<td>Dinner</td>
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<td>6.30 – 8.00pm</td>
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<td>8.00 – 8.30pm</td>
<td>Supper</td>
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♦ Meal times remain the same on weekends
♦ Medical examinations, investigations and therapy take priority over all other activities.
♦ Variations to this timetable occur during school holidays.

**What to bring to hospital?**

**Clothes:** Casual clothes and shoes to wear during the day at school and pyjamas to wear at night. Long sleeve tops to keep your body well covered and ensure warmth in an air-conditioned environment. Track suit pants and sneakers are required to attend the gym.

**Toiletries:** Shampoo, soap, toothbrush and paste, deodorant etc

**School work:** You can bring assignments, texts or materials that you are currently working on at your own school. Computers are available for use in the hospital schoolroom under the supervision of the teaching staff.

**Other personal belongings:** Bring in your favourite doona, pillow, photos, posters, books, craft activities, magazines, iPod, etc

Please take care to keep your valuables safe.
We cannot take responsibility for any lost property.

General advice for you from former patients
To help us evaluate the eating disorders program, please complete this form as you are being discharged from hospital, and place it in the suggestion box on the Adolescent Ward.

Question 1: Was the Eating Disorders program what you expected it to be based on information given to you before or when you arrived on the ward?  □ YES  □ NO

Comment:________________________________________________________________________________
__________________________________________________________________________________

Please tick

Question 2:  □ nd the ward group activities:  □ Excellent  □ Highly satisfactory  
□ Satisfactory  □ Unsatisfactory

Question 3: During your stay, the overall care and concern shown to you by staff was:

□ Excellent  □ Highly satisfactory
□ Satisfactory  □ Unsatisfactory

Question 4: Did you feel that you understood enough about your (or your child’s) illness ?  □ YES  □ NO

Question 5: Were you prepared/confident to go home (or take your child home) when discharged ?  □ YES  □ NO

Question 6: Would you recommend this inpatient program to a friend in a similar situation ?  □ YES  □ NO

Please write further comments or suggestions for improving this Eating Disorder Program below:

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

Thank you