

Inpatient Leave Guidelines

The Queensland Eating Disorder Service's advised leave programme is designed to facilitate recovery by introducing time off the ward in increments, starting with escorted leave and gradually increasing to unescorted leave. However there are periods in the patient's treatment where leave places patients at a high risk of physical complications and should not be offered.

Stage 1 - No Leave

During first 7 – 10 days of admission

Whilst medically unstable and/or psychologically unsafe

BMI <14/m²

If unable to progress towards treatment goals

If unable to contain compensatory behaviours

Stage 2 - Escorted Leave - is appropriate if

Post 7 – 10 days of adequate nutrient intake & when risk of re-feeding syndrome is minimised

Medically and psychologically stable

BMI >14kg/m²

Suitable escorts can be identified

Nursing staff, case manager or supportive family member/adult friend

Minimum BMI requirements for escorted leave: BMI 14 Band – 30 minutes escorted

BMI 15 Band – 60 minutes escorted

Stage 3 - Unescorted Leave - is appropriate when

The individual has the ability to use their leave in a way consistent with the treatment goals

Able to self manage urge to engage in compensatory behaviours

For progression towards discharge

Minimum BMI requirements for unescorted leave: BMI 15 Band – 30 minutes unescorted

Stage 4 - BMI Band 16

Leave will be extended incrementally to accommodate discharge planning. The following leave progression is recommended to enable the patient to demonstrate adequate intake during leave. It is recommended the patient keeps a written record of intake during leave for review by the dietitian to determine adequacy.

1 hr leave over snacks

3hrs leave over main meals

5hrs leave over a main meal and a snack

Leave to trial overnight stay (or weekend) at home prior to discharge

Leave to purchase food in preparation for discharge or trial eating in a challenging environment (i.e. restaurant or family function)

If indicated, extended leave pre discharge to monitor weight maintenance & transition to community

Enquiries regarding the Inpatient Leave Guidelines should be directed to QuEDS on 07 3114 0809