



Mental Health Services

Clinical Guideline

Referral and Admission to the MPU Inpatient Eating Disorder Program

Document No:	MH_GL2012_033
Functional Sub-Group:	Clinical Operations
Summary:	To provide guidelines for the assessment and admission of patients to the Area Mental Health Service Eating Disorder Program.
Approved by:	Director, SLHD and SWSLHD Mental Health Services
Publication (Issue) Date:	23 April 2012
Next Review Date:	30 April 2014
Replaces Existing Policy:	MH_PD2008_C1052
Previous Review Dates:	01/06/2010
Document No:	n/a

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Referral and Admission to the MPU Inpatient Eating Disorder Program

1. PURPOSE

To provide guidelines for the assessment and admission of patients to the Area Mental Health Service Eating Disorder Program.

2. DESCRIPTION OF THE PROGRAM

The Eating Disorder Program is a tertiary referral service consisting of up to two inpatient beds for a multidisciplinary, specialised service which is located on the Missenden Psychiatric Unit, Royal Prince Alfred Hospital.

The program treats Patients diagnosed with Eating Disorders which include:

- Anorexia nervosa
- Bulimia nervosa
- Eating Disorders not otherwise specified

The multidisciplinary team consists of Doctors, Nurses, Social Workers, Psychologists, Occupational Therapists and Dietitians.

The Director of the Eating Disorder Program is Professor Janice Russell.

2.1 Key Elements of the Eating Disorder Program

2.1.1 - Active Treatment Program - For Voluntary Patients (as per the MHA 2007)

The patient should be open to undertaking:

- Nutritional assessment, counselling and rehabilitation,
- Full physical assessment and regular monitoring of physical status which may include various investigative tests,
- Support at meal times,
- Rest and Reflection Period following main meals,
- Routine (at least twice weekly) and spot weighs,
- Individual, group and family therapy (where appropriate),
- Weekly Case Review with the Treatment Team,
- A group program of both diversional and therapy sessions

2.1.2 - Medical Stabilisation Program – Generally for Involuntary Patients (as per the MHA 2007)

The patient must be aware that treatment could include the above elements as well as:

- Admission to the Special Observation Unit of the Missenden Psychiatric Unit,
- Medical stabilisation by re-feeding via naso-gastric feeding tube,
- Restrictions on leave from ward,
- Restrictions on visits by family and friends.

2.2 Administrative Responsibility

The treating team will follow Sydney South West Area Mental Health Service policies and procedures in addition to the more specialised programs for the Eating Disorder Program.

The head of the Eating Disorder Program reports to the Director of the Missenden Unit for all services and activities relating to the Eating Disorder Program.

3. AIMS OF THE PROGRAM

The aim of the Eating Disorder Program is to bring about partial nutritional rehabilitation and to begin the process of changing the thoughts, beliefs and behaviours around food, weight and shape that are maintaining the Eating Disorder.

4. ADMISSION CRITERIA

Referrals to the Program will be considered where the following criteria have been met:

- A resident of New South Wales
- 18 years of age and over (special consideration can be given to patients over the age of 16, however this is on a case by case basis),
- Diagnosis of an Eating Disorder as per the above, and
- Have attended at least one appointment with the Eating Disorder Outpatient Clinic or a review by one of the medical officers of the treatment team and discussed at intake meeting.

It is expected that there may be resistance or least ambivalence by some Patients toward admission to the program. Patients who are admitted will be encouraged to attend all aspects of the program as part of a collaborative, ongoing care planning and goal setting process.

The Patient's ability to participate in the program will be reviewed if behaviour such as the following is observed:

- Aggression.
- Substance use.
- Suicidal or self harming behaviours.
- Absconding.
- Adverse influences on others in the ward.

5. ADMISSION AND REFERRAL GUIDELINES

- Referrals to the Unit must be accepted by the Medical Officers of the Eating Disorder Program in writing or with written information sent following a phone call.
- All requests for admission as an inpatient should be directed to the Registrar of the Eating Disorder Program.
- The waiting list for inpatient admissions will be maintained by the Registrar and be kept in the Staff Station of the Missenden Psychiatric Unit.
- Patients should attend at least one appointment with the Eating Disorder Outpatient Clinic.
- The priority of Patients for admission to the program will be decided by the team in consultation with the director of the program.
- Liaison with the Area Patient Flow Manager regarding availability of bed and booking a bed.
- All relevant and up-to-date clinical information from previous treating agencies should accompany the Patient on admission.
- Patients admitted from outside the Sydney South West Area Health Service must have a designated contact person or Case Manager who will monitor progress of the Patient and

liaise with the Treating Team regarding discharge plans and follow-up. The attendance of this contact person at Case Review either in person or by telephone is expected.

- All Patients will have a thorough physical assessment on admission and appropriate physical investigations undertaken during the assessment period (generally during the first week).
- The length of stay for most Patients is on average four to ten weeks maximum with a small number of Patients likely to require a longer stay.

6. NON-NEGOTIABLES

Non-Negotiables provide program attendees with the essential expectations and the consequences of not meeting the non-negotiable. If attendees are not able to commit to the Non-Negotiables it may be an indicator that they are not ready and therefore unsuitable for the program.

6.1 Voluntary Participants

1. Nutritional Intake – Prescribed Meal and Beverage plan.
2. Bed Rest – After each main meal.
3. Mandatory Weights – Two times per week (usually Monday and Thursday).
4. No Contraband – Items include food, sweets, laxatives.

6.2 Involuntary Participants

As per the above, however the consequences may differ according to the individual.

7. PATIENT MANAGEMENT

- Patients will be admitted to the Missenden Psychiatric Unit – Q6 West.
- Patients with Eating Disorders should occupy an individual room or share with others on the program.
- Patients will be assessed by the multidisciplinary team during their first week of admission (Week Zero) and an appropriate individual goals set within the program.
- The Patients progress with the Eating Disorder Program will be reviewed and discussed with the patient weekly by the multidisciplinary team at case review.

Where indicated, patients may require transfer to general medical wards for assessment, treatment and/or observation. On return to the ward they will continue the program where they left it

8. SUPPORT FOR REFERRERS

While patients are on the waiting list the following supports are available from the treating team to referrers:

- Telephone support with individual members of the treatment team (e.g. discussion with the Dietitian etc).
- Teleconferencing and videoconferencing with the Eating Disorder Program treating team.
- Outpatient appointments with the Eating Disorder Outpatient Clinic.
- Contact with your Area Health Service Eating Disorder Coordinator or the Centre Eating and Dieting Disorders (CEDD).
- Referral to the CEDD website and resources.

Medical treatment of the patient's physical state should be as per your Area Health Services local protocol.

9. APPENDICES

Appendix One Process for Referrals to the Eating Disorder Program

Process for Referrals to the Eating Disorder Program

