

## **EATING DISORDERS PROGRAM**

The Eating Disorder Program is comprised of inpatient, day program and outreach services.

The Eating Disorders inpatient program is a specialized 40-day program that has been developed and designed to provide a comprehensive treatment program. The program ensures a safe and trusting environment that fosters the restoration of health and weight, and explores the underlying issues that accompany the illness.

The multidisciplinary team of qualified health professionals are experienced and trained in the area of Eating Disorders and ensure the therapeutic approach to the program is individualized to meet each patients needs.

The inpatient program provides treatment to patients in the acute stage of illness, progressing through an integrated transition to outpatient care, where Day Program and Outreach services offer continuity of treatment ensuring minimal disruption to daily living and social network.

Improved nutritional status and emotional well-being is achieved through a nutritious dietary intake, promotion of rest and participation in the daily group program. The program provides the opportunity for patients to learn a range of skills to enable self-management of a healthy weight range by building up inner strength and resources, and through the development of interpersonal & daily living skills and self-confidence.

The program provides structured, streamlined and flexible care in order to meet the varying needs of each individual patient, in a caring and supportive environment

Family involvement is welcome and a monthly family forum is offered.

# INPATIENT PROGRAM

Specialised Program that treats people with Anorexia Nervosa, Bulimia Nervosa and Eating Disorder Not otherwise specified (EDNOS)

## Inclusion and Exclusion Criteria of the Program

- Minimum age of 16 years.
- Male or Female
- Medically approved for treatment.
- Acceptance of program requirements; patient agreement (motivated for change).

## Aims and Objectives of the Program

- To restore physical health through maintaining adequate dietary intake, and restricting excessive exercise.
- To provide patients with adequate behavioural models for normal eating.
- To provide programs where patient welfare and safety is a priority.
- To identify and explore psychosocial factors influencing the illness.
- To allow shorter in-patient stays by providing an integrated transitional program to outpatient treatment.
- To provide a range of skills to enable patients to manage a healthy weight range.

## Program Structure

- The Eating Disorders inpatient unit comprises of 14 beds
- Comprises a multidisciplinary team – occupational therapist, psychologist, social workers, dietitian, nurses, psychiatrists, general practitioners. Paediatric involvement is available as required.
- Treatment is tailored to meet the patients' individual needs, which is age appropriate.
- Group Programs: Relaxation, Fun Foods, Mindfulness Group, Nutrition Group, Physiotherapy, Art Therapy, Psychology, Goal Setting, Living Skills, Menu Planning, Relapse Prevention/ Discharge planning and Ward round.
- All groups are compulsory and any external appointments are to be organized outside of program time.



## DAY PROGRAM

The Melbourne Clinic eating disorders day program is a specialised program that treats people with Anorexia Nervosa, Bulimia Nervosa and Eating Disorder Not otherwise specified (EDNOS). The program aims to promote recovery of physical and emotional well being in a supportive environment.

### Treatment can take the form of:

- Transition from inpatient care following discharge.
- Direct admission for clients who do not require inpatient treatment.
- Transition prior to inpatient care when the client cannot accept the need for hospitalisation.

### Inclusion and Exclusion Criteria

- Diagnosis of Anorexia Nervosa, Anorexia/Bulimia Nervosa, Chaotic Eating Patterns, EDNOS
- Body mass index of 16 or over.
- Age 16 or over (negotiable).
- Ability to eat according to guidelines with other day patients.
- Motivation for change

### Aims and Objectives of the Program

- Provide an integrated transitional program from inpatient to outpatient treatment.
- Provide treatment with minimal disruption to daily living and social network.
- Provide a range of skills to enable patients to manage a healthy weight range.
- Promote recovery and maintain connection with the community.
- Provide clients with adequate behavioural models for normal eating.
- Identify and explore psychosocial factors influencing the illness.
- Allow shorter inpatient stays by providing an integrated transitional program.
- Enable the patient to reengage in social activities with their peer group.

### Patient is Motivated for change and Agrees to the Following:

- Weight and health restoration of 0.5kg – 1.0 kg per week.
- Maintenance of the target weight range (Minimum being BMI of 20).
- Resolution of other eating disordered symptoms e.g. bingeing, vomiting.
- Participation in the therapeutic group programs.

## Program Structure

The general eating disorders day program runs Monday, Wednesday & Friday (9.30 – 3.30pm) & a Bulimia Nervosa specific program is offered on Tuesday mornings.

- Individuals can attend either the entire program or specific days as agreed upon by the client and the treating team.
- The program comprises a multidisciplinary team – case coordinators, psychologist, social workers, dietician, and psychiatrists.
- Treatment is tailored to meet the patient’s individual needs, which is age appropriate.
- Group Program: Relaxation, Fun Foods, Mindfulness Group, Nutrition Group, Art Therapy, Psychology, Goal Setting, and ward round.
- All groups are compulsory on the days that the patient attends.
- Meal supervision occurs with a staff member, in the hospital dining room for lunch and in the EDP unit for snacks. Staff supervise yet encourage the patients to take responsibility for their food. Post meal supervision is encouraged if required.
- Fun food outings occur weekly to encourage clients to challenge unhelpful beliefs in relation to feared foods and social situation. The team member acts as a role model for healthy eating, while offering support to the clients.
- All patients are weighed weekly and provided with feedback; their weight is not disclosed.
- Treatment goals are reviewed in the ward round each fortnight.

## Discharge Planning

- Treatment is individually tailored so there is no set period of attendance at the Day Program.
- Clients are encouraged to continue setting goals that lead to recovery, and their progress is monitored closely.
- The patients are encouraged to take more responsibility for themselves and to become increasingly independent of the program.
- Patients may transition into outreach after they complete the day program.

# OUTREACH

## Outreach is offered:

- For clients who do not require inpatient treatment
- For patients who are on the waiting list for the inpatient program
- When transitioning from inpatient care following discharge
- In conjunction with day program
- When transitioning from day program following discharge

## Criteria:

- The Patient needs to be motivated for change
- Requiring extra individualized support
- Diagnosis of Anorexia Nervosa, Bulimia Nervosa, Chaotic Eating Patterns, EDNOS
- Additional Support alongside psychiatrist, dietitian, G.P and/or day program

## Aims of Outreach:

To provide individually tailored treatment for patients in their home or local community.

## Practical support

- Supermarket shopping
- Menu planning
- Budgeting
- Food Challenges
- Menu planning/cooking ideas/practical steps to maintain food guidelines

## Emotional support

- Setting achievable goals and practical steps to reach them
- Education about eating disorders for the patient and family/carers
- Identify stressors and signs of relapse and ways to protect against this
- Assist the patient to link in with activities and services in the local community
- Support the patient to develop and maintain effective social and interpersonal relationships
- Support the patient to pursue recreational, leisure and vocational activities.



The Melbourne Clinic

- Outreach Worker liaises regularly with the treating psychiatrist.