

Management Flow Chart (first admissions)

Level One - Medical Stabilisation	
Medical	Daily medical review Daily refeeding bloods (Na, K, Creat, Gluc, Phosphate, Mg, Ca) for ~4 days, then 2x per week
Nursing	Daily weight If heart rate less than 40/min for continuous heart rate monitoring until consistently >40/min at night Obs at least q4h (HR, temp, BP). Lying and standing BP twice daily
Nutrition	Oral Fortisip or NG (See Nutrition Plan) Contact dietitian on day of admission. All intake documented NG removed once not used for 48 hour
Activity	Bed or chair rest. Wheelchair to bathroom School work in room at discretion of team No home leave
Complete referral to Tupu Ora if not already done	



Level Two - Supported Eating	
Medical	Alternate day medical review Twice weekly refeeding bloods (Na, K, Creat, Gluc, Phosphate, Magnesium, Calcium) Weekly FBC, bicarb & LFTs
Nursing	Weigh Mon, Wed, Fri Obs at least q4h (HR, temp, BP). Lying and standing BP once daily
Nutrition	Meal plan or bolus NG feeds (See Nutrition Plan) All intake supervised and documented NG removed once not used for 48 hours Some meals off ward with parents supervising meals, home or hospital food, on or off ward
Activity	30 minutes rest after meals and snacks. Walk to bathroom, school and teen lounge Go down to school on Level 3 Half day leaves -one meal and one snack at home



Level Three - Transition home

Medical	Medical review 2-3 times per week Weekly bloods (Na, K, Creat, Gluc, Phosphate, Magnesium, Calcium, FBC, LFTS and bicarb). Extra bloods just prior to discharge (oestradiol or testosterone, T3, T4, TSH)
Nursing	Weigh Mon, Wed, Fri Twice daily obs
Nutrition	All intake supervised and documented Most meals from home, with parents supervising (on or off the ward)
Activity	30 minutes rest after meals and snacks. Walk to bathroom, school and teen lounge School Overnight leave (usually two full days + overnight) Outpatient follow-up plan established