



Starship Consult Liaison Team

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Tupu Ora Starship Inpatient Eating Disorders Service

Information for Parents, Caregivers, Family
and Whanau



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Welcome

We would like to welcome you to Tupu Ora Starship Inpatient Eating Disorders Unit.

An eating disorder is an uncommon but very serious psychiatric illness which can affect a young person physically and psychologically.

With eating disorders, young people's thoughts and behaviours go beyond reasonable strategies to control their weight, food and appearance.

The Inpatient Programme involves a daily routine in which all young people participate. The programme is family-centred and parents are supported to continue making decisions for their child in collaboration with the treating team.

Hospital is a time to develop strategies that will maintain the young person's weight recovery after discharge.

Notes



Resources

Helpful Websites

- ◆ Eating Disorders Association of NZ (EDANZ)—www.ed.org.nz
- ◆ <https://simplebooklet.com/feastfamilyguides>

Other Resources

We recommend the following books:

- ◆ **Help Your Teenager Beat an Eating Disorder**, by James Lock and Daniel Le Grange, ISBN 9781572309081—a practical guide for parents and carers
- ◆ **Skills-based Learning for Caring for a Loved One with an Eating Disorder—The New Maudsley Method**, by Janet Treasure, Grainne Smith and Anna Crane; ISBN 9780415431583

The Team—who we are

Your child will be cared for in the General Paediatric Ward of Starship Children's Hospital.

We work as a multidisciplinary team and meet weekly to plan your child's treatment and monitor progress.

Dr Raewyn Gavin, Paediatrician, leads the Medical Team who will monitor your child's physical status and order medical tests as needed. A Paediatric Registrar or House Officer will look after your child day-to-day.

The nursing staff provide day-to-day medical care, support and supervision under the guidance of the Charge Nurse and Nurse Educator.

The Consult Liaison Team, led by **Dr Louise Webster**, Consultant Child Psychiatrist and Paediatrician, provides

emotional and behavioural support for you and your child. A family meeting is held weekly.

The dietitian will meet with you in the first few days to develop healthy meal plans and provide support for the transition home.

The play specialist offers a programme of creative activities and also helps to prepare for procedures.

School is an important part of your child's recovery. The Northern Health School at Starship is based on the third floor and helps your child maintain their schoolwork while in hospital.



Inpatient Management

Medical Stabilisation

Starship Children's Hospital has clinical guidelines that the team uses to make decisions concerning your child's wellbeing.

When your child is admitted to hospital, they are usually medically compromised i.e. not eating enough to maintain safe blood pressure, pulse and body temperature.

Bed Rest

Children who are medically compromised are nursed on bed rest. This requires minimal use of energy as it means sitting in a chair or lying on a bed at all times apart from going to the bathroom in a wheelchair.

Observations and Blood Tests

Observations such as early morning weighs, blood pressure (BP), pulse rate and temperature, and blood tests will help medical and nursing staff monitor your child's medical stability and recovery.

Levels of Care

We use a graduated 'Level of Care' system in hospital. The purpose of these levels is to prepare you and your child for discharge by establishing meals and routines which can be successfully transitioned home.

Once your child is medically stable, the team will discuss with you whether it is appropriate for your child to progress through to Levels 2 and 3.

Your Child's Recovery

Follow Up after Discharge

Family-based therapy is the evidence-based treatment for a young person with an eating disorder. The Consult Liaison Team will liaise with Tupu Ora Outpatient Service to ensure a smooth transition for follow up.

Supporting Your Child's Recovery

To support your child's recovery, it is important to not take 'sides' with the eating disorder. The following common myths (✗) can slow your child's recovery.

Replace them with these strategies (✓):

✗ *Thinking that the restrictions at each level are too difficult for*

your child.

- ✓ **If the programme is followed, children are likely to leave hospital sooner and remain well after discharge.**
- ✗ *Advocating for a lower goal weight range.*
- ✓ **Do not discuss weight with your child. Simply say that the doctors know what is healthy, and change the subject.**
- ✗ *Providing meals and snacks that are too small because your child says that's all they will eat.*
- ✓ **Provide meals and snacks as recommended. Hospital is a perfect time to challenge "anorexic rules" which say what can and cannot be eaten.**
- ✗ *Giving in to the bargaining tactics of an eating disorder.*
- ✓ **Use the inpatient stay to problem solve new strategies**

Visiting

Parents and immediate family/whanau can visit the hospital at any time. Overnight stays with your child are possible, especially early in your child's admission. Please discuss with the Nursing Team. Nurses encourage lights out by 9.30pm.

Other family and friends can visit between normal Starship visiting hours—8am-8pm. **Please ask visitors to visit outside meal times and school hours.**

Patients at a low weight need a lot of rest to recover. It may be necessary to limit the numbers of visitors and the length of their visit.

Other Team Members Available

- ◆ Kai Atawhai
- ◆ Pacific Island Support Service
- ◆ Asian Mental Health Services
- ◆ Social Worker
- ◆ Interpreters
- ◆ Hospital Chaplains

To contact any of these team members, please ask ward staff.



Levels of Care

Level 1 Medical Stabilisation

Usually 3-5 days
Bed rest+



Level 2 Supported Eating

Day ward leave used to practice eating food with parents off the ward and at home



Level 3 Transition Home

Over night leave for practice eating food with parents

Post-Meal/Snack Rest Time

Patients rest for 30 minutes on their bed or in a chair after each meal or snack with no use of the bathroom during this or school time. Attending school is OK during rest time.

Weekly Family Meeting

The weekly family meeting is at a set time each week with the psychiatrist and Nurse Specialist and this is where we discuss progress and plans for your child.

Concerns and Questions

We encourage you to discuss with the Eating Disorders Team any concerns about the programme. This is best done at your weekly meeting or any other time when your child is not present.

Privacy, Safety and Managing Risk

With an eating disorder, there is an increased risk of vomiting or exercising after meals or when showering or toileting. The need for support and distraction is important at this time.

Shower time is limited to 10 minutes once a day prior to 7pm. There may be times when we need to monitor more closely your child's toilet and shower use. We will do our best to respect and maintain your child's privacy when doing this.

An eating disorder can make a person behave secretly and be reluctant to share information about thoughts and behaviours. Sometimes, a young person won't want their parents to share with the team the full extent of their trouble with eating or exercising.

We need to work together as a team. Please tell us everything—nothing is irrelevant—as this will help your child recover.

If a young person becomes distressed during their recovery, it may be necessary to have a 'watch' (1:1 supervision). This will be discussed with you if this is required. A patient's room and their belongings will be searched if there are any safety concerns.



Dress Code

A lot of energy is required to maintain a stable body temperature. So the body can focus on recovery, extra attention is paid to keeping your child warm and covered, especially when leaving the ward, eg covered arms and legs, and shoes on their feet.

What does your child need when in hospital?

- ◆ Casual, comfortable and warm clothing
- ◆ PJ's and toiletries
- ◆ Bedding if you want—most people like to have their own duvet and pillow
- ◆ Schoolwork, especially if they are working on a project
- ◆ Books, activities, mobile and/or laptop/tablet

Sadly, despite our best efforts, items are regularly stolen from patients in hospital. We cannot be responsible for valuables (except mobiles which are collected at night), so please keep this in mind when bringing items from home.

Navigating the Hospital

Hospital Orientation

Please ask the Nursing Staff for information about this admission e.g. parking, parent kitchen.

Ronald McDonald Family Room

This is on Level 3 of Starship Hospital. It is available to inpatient families so you can have some time away from the ward. Please ask the Nursing Team for details.

Mobile Phones/Technology

Bedtime is a time for rest. We collect technology at 9pm and return them in the morning. Mobile phones are not to be used in school or in the dining room.

Parents will need to give written permission for wireless internet access at Starship. You will be responsible for monitoring your child's site access; staff will intervene only if they observe inappropriate browsing. Personal technology is not to be shared with other patients.

We recommend minimal use of cellphones and the internet to assist in creating a safe space to focus on recovery.

Inpatient Meals

Meal times can be very stressful for a young person with an eating disorder and their family. We make meal times as structured and supportive as possible.

- ◆ In hospital, the aim is to reduce behaviours associated with the illness and support normal social interactions.
- ◆ We have a shared dining room for meals and snacks. Parents are asked to be present at as many meals as possible.
- ◆ Please refrain from discussing food, weight or body image in the dining room. Feel free to talk about any other topic—current events, pets or movies!
- ◆ Staff are present to provide

support and guidance.

- ◆ Adequate nutrition is the focus of the inpatient programme to initiate weight recovery. It is very important that all food provided at meal and snack times is finished. Meals need to be finished within 30 minutes and snacks 15 minutes.

Level 1

All meals and snacks are provided by the hospital.

Level 2-3

Parents are encouraged to be present at, and provide food for, as many meals and snacks as possible,

The dietitian will check food for energy requirements and for salt retention and laxative properties.

Meals

The dietitian provides a meal plan (3 meals and 3 snacks). Everything on the plan needs to be eaten.

The dietitian may take into account one or two long-term dislikes that pre-date the eating disorder.

When parents are providing and supervising meals and snacks, the meal plan is a guide only. To allow for smoother transition home, it is helpful if meals from home are typical of what your family usually eats and are varied.

Meal Times

Breakfast	8am
Morning tea	9.30am
Lunch	12.30pm
Afternoon tea	3pm
Dinner	5.30pm
Supper	8pm

Snacks

Hospital snacks are between 600-900kJ per snack and at each snack time usually consists of one of the following:

- ◆ 1 Fortisip
- ◆ 1 snack and 1 flavoured milk
- ◆ 2 snacks

When bringing snacks from home, it is recommended that the above guideline is followed to ensure adequate weight gain. There is a named box in the ward kitchen for your child's snacks. There is limited fridge space so snacks that can be stored at room temperature are preferred.

Suggested snacks:

- Muesli bars (full sized)
- Biscuits (serving size 1-5 depending on type)
- Home baking
- Nuts and dried fruit (1/2 cup per serve)

Meals off the Ward

From Level 2

- ◆ Practice off ward e.g. level 5 main building food outlets or Ronald McDonald lounge level 3 Starship then at home
- ◆ To help conserve energy we ask the total time off the ward for lunch is no longer than one hour.

Meals from Home

- ◆ These should be typical family meals that your child would have eaten before the illness.
- ◆ You will need to provide larger meals than your child is used to eating at home in order to provide enough for weight recovery.
- ◆ Dinner needs to include protein—meat, fish, chicken

or vegetarian, and carbohydrate—potato, rice, pasta, kumara, roti etc, and vegetables.

- ◆ The size of meals can vary from one meal to the next, but overall there needs to be enough food for weight recovery.
- ◆ It is not helpful to use "lite", low calorie, diet or Weight Watchers products.

Aim to increase the variety of foods you give your child.