

**Te Whatu Ora**  
Health New Zealand

Starship Consult Liaison Team



# Tupu Ora Starship Inpatient Eating Disorders Service

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Information for caregivers, family and  
whānau



September 2022

## Welcome

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Welcome 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.

Young people with eating disorders  
have abnormal thoughts and  
behaviours that lead them to lose  
excessive weight and make it  
exceptionally hard for them to eat  
and gain weight.

The Inpatient Programme involves  
a daily routine in which all young  
people participate. The  
programme is family-centred and  
caregivers are supported to  
continue making decisions for their  
young person.

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

## Daily plan

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7.30am	Wake
8am	Breakfast
9am	Personal cares/wash/teeth/hair/dress
9.30am	Morning tea
10-11.45am	School (in holidays teen lounge open)
12.30pm	Lunch
1.30-2.45pm	School (in holidays teen lounge open)
3pm	Afternoon tea
3.30pm	Teen lounge
5.30pm	Dinner
	Programmed activities
6.30pm	Personal cares/wash/teeth/hair etc.
	Quiet programmed activities
8pm	Supper
9.30pm	Bed

NO phones or technology between 9pm - 9am

All meals are in the dining room unless other arrangements made

Half hour rest after each meal and snack

Micro therapy group twice a week after breakfast

Chill Group - Monday 11.45am-12.30pm

All showers before 7pm - shower no longer than 10 mins in total

Tell nursing staff when leaving ward for meals etc.



## Resources

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### Recommended Resources:

#### Websites:

- ◆ **Eating Disorders Association of NZ (EDANZ)**—[www.ed.org.nz](http://www.ed.org.nz)
- ◆ **F.E.A.S.T**— [www.feast-ed.org](http://www.feast-ed.org)—sign up to do there 30 day programme
- ◆ **Meal support** —Kelty eating disorder - youtube video—<https://keltyeatingdisorders.ca/recovery/meal-support/>

#### Books:

- ◆ Anorexia and other eating disorders: How to help your child eat well and be well by Eva Musby
- ◆ Help your teenager beat an eating disorder—by James Lock and Daniel Le Grange
- ◆ Survive FBT: Skills Manual for Parents Undertaking Family Based—by Maria treatment (FBT) for Child and Adolescent Anorexia Nervosa by Maria Ganci

## The Team — who we are

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Your young person will be cared for in the General Paediatric ward of Starship Child Health.

We are a multidisciplinary team and meet weekly Tuesday 2-3pm to plan your young persons treatment and monitor progress.

**The medical team** lead by the on call Paediatrician who will monitor your young person's physical status and order medical tests as needed.

A Paediatric house officer will look after your young persons medical needs day-to-day.

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

**The Consult Liaison Team** provide psychological support. Each young person and their family/ Whanau have a Consultant Child Psychiatrist and Nurse Specialist to provide emotional and behavioral support.

**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 daily plan, provides creative activities and also helps young people to prepare for medical procedures.

**The Northern Health School (NHS)** Continuing with school is an important part of recovery. NHS Starship is based on the third floor and helps your young person maintain their education and schoolwork while in hospital.

**Ward social worker** will meet with you in the first few days.

## Inpatient stay

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When a young person is admitted to hospital, they are usually medically compromised, i.e. not eating enough to maintain a safe blood pressure, pulse and body temperature. The usual length of stay is 2-3 weeks.

### Bed rest

Young people who are medically compromised are nursed on bed rest. This means sitting in a chair or resting on a bed at all times apart from trips to the bathroom in a wheelchair in order to conserve energy.

### Observations and blood tests

The young person's weight, blood pressure (BP), pulse rate and temperature will be taken 4 hourly until medically stable. Bloods are also checked regularly. These checks will help medical and nursing staff to monitor medical stability and recovery.

### Post-Meal/snack rest time

The young person must rest for 30 minutes on their bed or in a chair after each meal or snack without using the bathroom during this time. However, they can still attend school.

### Three levels of care

We use a graduated 'levels of care' system in hospital. The young person will start on bed rest and if eating a meal plan they will have all meals on the ward in the shared dining room with food from the hospital. Gradually caregivers can start to bring in meals. The purpose of this is to provide an opportunity for caregivers to practice providing meals and establishing routines. Caregivers must be present if home food is eaten in the dining room.

## Your child's recovery

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### Supporting your young person's recovery

- ◆ Attend as many meals as possible while on the ward
- ◆ Sit with your child at the table to become familiar with meal sizes and supervision strategies
- ◆ Avoid lengthy discussions around weight and food
- ◆ Provide snacks and meals that are recommended by dietitian
- ◆ Identify illness-related behaviours and use the inpatient staff to help problem solve

### Follow up after discharge

After discharge you will most likely be followed up by Tupu Ora Outpatient Service at Greenlane. Family-based therapy is the evidence-based treatment for a young person with an eating disorder.



## 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 10 pm.

Other family and friends can visit between normal Starship visiting hours are 8 am to 8 pm. **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.

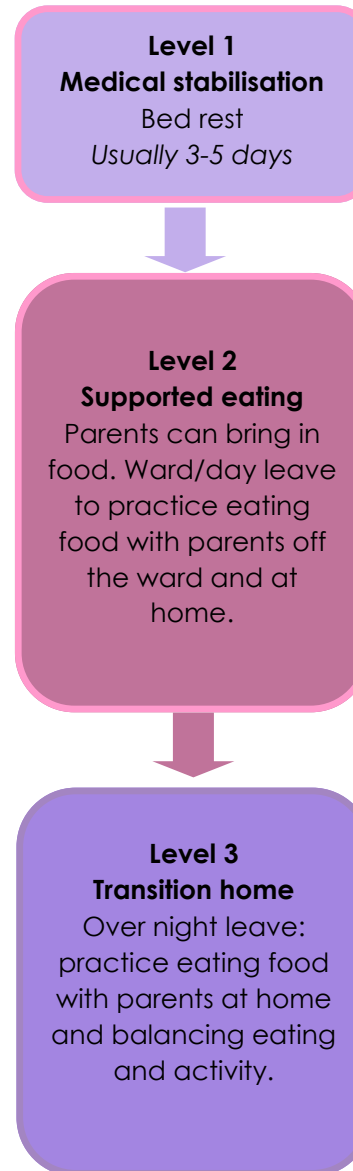
## Other support services available

- ◆ 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

Bed rest  
Usually 3-5 days

### Level 2

#### Supported eating

Parents can bring in food. Ward/day leave to practice eating food with parents off the ward and at home.

### Level 3

#### Transition home

Over night leave: practice eating food with parents at home and balancing eating and activity.

## 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 plan together for your child. It may be appropriate that other family or staff members come to this meeting. It is most helpful for both parents to be present.

**Weekly parent education** are held on alternate Tuesdays at 11.15am-12.30pm in the Tupu Ora dining room.

**Micro-therapy group** for the young person is held 2-3 times a week by the Nurse Specialists.

**Dietitian parent education** on Wednesday at 11.30am-12.30pm. Covers home food and any nutrition questions you have. We strongly recommend attending.

## Concerns and questions

Any questions or concerns about the programme are best discussed at your weekly meeting or any other time with staff when your child is not present.

## Other details

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### Privacy and safety

An eating disorder can make a young person behave secretly. There may be times when we need to monitor toilet and shower use. This may be related to vomiting or exercising. Therefore shower time is limited to 10 minutes once a day prior to 7 pm. We will do our best to respect and maintain privacy .

A young person may be reluctant to share information about thoughts and behaviours with parents or the team. We need to work together. Please tell us everything — nothing is irrelevant.

It is common for a young person to become distressed during their recovery. If this becomes a safety issue it may be necessary to have a patient attendant—'watch' (1:1 supervision).

On occasion a young person's room and/or belongings may also be searched.

This will be discussed with you if required.

### Pamphlets to explain your consumer rights are available at the nurses station



### What does your child need while in hospital?

A lot of energy is required to maintain a stable body temperature. The young person will need to keep warm and covered, especially when leaving the ward, e.g. long sleeves and covered legs, slippers or socks and shoes on their feet.

- ◆ Casual, comfortable and warm clothing
- ◆ PJ's and toiletries
- ◆ Slides, slippers
- ◆ Bedding if you want - most people like to have their own duvet and pillow
- ◆ Schoolwork
- ◆ Books, activities, games, crafts
- ◆ Wheat bag

Despite our best efforts, items are occasionally 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

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### Hospital orientation

Please ask the ward nursing staff for information about the ward and hospital facilities and services e.g. ward orientation, car parking voucher and parent kitchen, consumer rights, complaints process.

### Ronald McDonald family room

This is on Level 3 of Starship Hospital, just down from the school room. 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 9 pm and return them in the 9am morning. Mobile phones are not to be used in school or in the dining room.

Caregivers are responsible for monitoring your young persons internet sites; staff will intervene only if they observe inappropriate browsing. Personal technology is not to be shared with other patients.

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

## Inpatient meals

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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.

We have a shared dining room for meals and snacks. Parents attend as many meals/snacks as possible.

Adequate nutrition is the focus of the inpatient programme. 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.

In the situation where meals or snacks are not eaten within time, Fortisip will be offered. If all nutrition is not consumed the young person will be returned to level 1 until the next main meal is eaten.

The aim is to identify and reduce behaviours associated with the illness and support normal social interactions.

### Level 1

All meals are provided by the hospital.

### Level 2 and 3

Caregivers are to bring in food for as many meals and snacks as possible. Some will be eaten in the dining room and some will be eaten off the ward. The treating team will discuss this with you.

## Transition meals

### Meals

The dietitian provides a meal plan (3 meals and 3 snacks). In order to optimise recovery everything on the plan needs to be eaten. The dietitian may take into account up to 3 long-term dislikes that pre-date the eating disorder.

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

### Snacks

Snacks need to be at least **600-900 kJ** each to ensure weight restoration. Snack time usually consists of **one** of the following:

- ◆ 1 Fortisip ®
- ◆ 1 snack and 1 flavoured milk
- ◆ 2 snacks and a glass of water

There is a named box in the dining room for your young persons snacks. Please provide snacks that can be stored at room temperature.

e.g.

- Muesli bars (full sized)
- Biscuits (serving size 1-5 depending on type)
- Home baking
- Nuts and dried fruit (1/4 cup per serve)
- Frooze Balls

### Meals off the ward — Level 2

- ◆ Practice hospital meal or food from home off the ward  
  
e.g. Level 5 main building food outlets, sitting inside or outside by Tiny Bites on Level 3 or Ronald McDonald lounge Level 3 Starship
- ◆ To help conserve energy we ask the total time off the ward for lunch is no longer than one hour.

### Meals from home

- ◆ Larger meals and snacks are required for weight restoration
- ◆ Use the hospital meal plan as a guide to quantities and types of food
- ◆ These should be based on typical family meals that your young person had been eating before the eating disorder, adjusting quantities for weight restoration
- ◆ All meals need to include protein, carbohydrate and fat
- ◆ It is not helpful to use “lite”, low calorie, diet or Weight Watchers products
- ◆ Ask the ward nurse or dietitian (Wednesday 11.30am) if you need guidance on portion/meal sizes

Aim to increase variety of meals and snacks as recovery progresses.