

Appendix 3 – ED Admission Care Plan

Initial Eating Disorder Care Plan

(To be implemented prior to Eating Disorder Ward Round)

Visual Observations

- The young person should be on general observations by the ward staff, which means the ward staff will check in on her/him periodically throughout the day (these observations should be every hour). When observed the staff should note their behaviour, mood and any activities they are completing at the time.
- The young person will be expected to have the curtain open during the day to help staff maintain observation and if the curtain is shut it will be with the expectation that she/he is either with family or having a private meeting with professionals.
- The level of observation will be reviewed by the ward daily and her/his MDT each week and if there any concerns over the young person's safety the ward or the MDT may increase their level of observation to minimise certain risks.

Food and Fluid Observations

- Record all food and fluid intake. Record all food and fluid offered or refused. This should include the route given. This should be recorded on the Meal Plan in detail to help plan care and also in the food and fluid chart – kept on the Children's Ward.
- Local meal plans should be used however meal plans 1 are available as an appendix 4 on this document – Standard, Vegetarian and vegan versions with staff view for recording and patient view.
- There is also a vegan and vegetarian version available, if needed for all meal plans.
- Meal plans will be reviewed daily by the medical team and may change daily over the first 5 days of any admission depending on the patient's clinical state and refeeding bloods.

Weights

- The young person will have their weight taken 3 times per week; the weights will be on Monday, Wednesday and Friday by ward staff.

When the young person has their weights done, they are to follow these rules:

- The weights will be taken in the AM (prior to breakfast or any other intake or liquids)
- She/He will be weighed by a member of staff
- She/He is to be weighed in her/his underwear (to get a more accurate weight but preserve dignity).
- She/He is to be weighed only once she/he has emptied her bladder (if a weight is taken without her/him emptying her/his bladder, then the weight graph should highlight this).
- Weight should be recorded on her/his weight chart – stored in her/his file on the Children's Ward.

Daily Activity

- The young person is to be always on bedrest due to concerns over her/his physical health and if they go anywhere, they are to be taken in a wheelchair. The wheelchair is to be used for any activity that requires they young person to move from their bed to a location that is more than a metre away from the bedside.