

Medical Stabilisation for Young People with an Eating Disorder

Information for patients and parents



leeds children's
hospital

caring about children

This booklet is designed to help you and your family understand your journey through the medical wards.

Why are we worried?

Your restricted eating has caused you to become seriously medically ill. If something isn't done then you will be at risk of dying.

We recognise that coming into hospital and re-feeding is going to be a frightening experience for you, and that you may feel that there's nothing wrong with you. Your illness may tell you that you don't need the treatment, but we can see that you do, and you must try to trust us and that we are doing the right thing for you.

What will happen?

Your physical health will be assessed.

This will include:

- A history of recent events
- A physical examination
- A check of your temperature, heart rate, blood pressure and oxygen levels
- Blood tests will be taken
- A heart tracing (ECG) will be done

With all this information, a treatment plan will be decided by the medical team. This may be intravenous fluids if you are severely dehydrated.

Management and Treatment

- The recognised treatment is nutrition.
- The medical team, dietitian and nurses (Multi-Disciplinary Team) will prescribe the right nutrition for you.
- Ideally, this will be in the form of food but if you are not taking enough, it may have to be given through a tube that goes from your nose into your stomach (NasoGastric tube). Again, this will be prescribed if it is thought necessary.
- Your needs will be assessed daily by the MDT. We will take into account your observations, symptoms and blood tests, to see how your body is coping with the increase in energy.
- Extra vitamins and minerals may need to be given and these will be prescribed by the medical team
- You will continue to have your meeting with your Eating Disorder Practitioner, in a private space.

Re-feeding Syndrome and Eating Plans

- Your body has adapted to being on “low-power mode”.
- It has to be re-trained to take in more energy. Which is why blood tests are taken daily for the first few days.
- The Eating Plans, as prescribed by our Specialist Dietitian, takes this into account and have to be followed strictly.

Going home

- This decision will be made jointly by the MDT, Specialist Eating Disorder Dietitian, Specialist Eating Disorder Paediatricians and the Eating Disorder team.
- It will be dependent on how your body has responded to the prescribed treatment.
- You and your family will be involved with discharge planning.
- We will discuss with you what support will be in place on discharge.

Frequently asked questions

Will I be allowed to decide what food I have?

No, the amount of nutrition you need will be decided by our dietitian and the medical team. Your parents can help choose what food you can order but the final say will be with our specialist dietitian.

How long will I have to eat my meal?

We normally expect a meal to be eaten within 30 minutes and 10 minutes for pudding but we will help you with offering distractions and support. This may take the form of playing games, having someone to chat with but it will be individualised according to what works for you.

Will I be allowed to exercise?

No, you will be on strict bed rest initially but this will change as your health improves. Squats/Crunches etc will NOT be allowed.

Where will my bed be?

Initially, you may be in a side room until we know you are not infectious (Covid restrictions). You will then be moved to a bay bed with other patients with different problems.

What are the visiting times and regulations?

Each ward has its own rules and restrictions. You will be told about these when you are admitted.

Resources

BEAT

Website: www.beateatingdisorders.org.uk

Kooth

Website: www.kooth.com

CYPED team

Telephone: 0113 843 4468 (mon-fri 9-5)

Mindmate central access point

(for new referrals or other mental health issues)

Website: www.mindmate.org.uk



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



© The Leeds Teaching Hospitals NHS Trust • 2nd edition (Ver 1)
Developed by: Ragbir Thethy, Consultant
Produced by: Medical Illustration Services • MID code: M20231012_006/EP

LN005091
Publication date
10/2023
Review date
10/2026