

## **What to Expect... Medical Stabilization Program for Eating Disorders**

CHOC has developed a multidisciplinary approach in the treatment of acute medical instability related to eating disorders.

Admission is designed to:

- Assess and treat medical disorders resulting from abnormal eating.
- Provide nutritional rehabilitation
- Prevent long-term and life threatening complications

The patient's stay depends on the level of medical instability. Once medically stable, we will help facilitate treatment arrangements to continue treatment for the eating disorder following discharge.

Treatment includes:

- Complete physical examination and laboratory testing
- Individualized medical treatment plan including vitamin and mineral supplements
- Cardio-respiratory monitoring
- Nutritional assessment and management
- Growth and development evaluation
- Psychological evaluation and monitoring
- Psychiatric medication evaluation and monitoring as needed

What to expect during hospitalization:

- Patients will receive one-to-one supervision of activity at all times, including meals and snacks and bathroom privileges.
- Visitors limited to parents, unless otherwise authorized by the multidisciplinary team.
- Activity level based on vitals
  - Strict medical bedrest: complete bedrest with commode at bedside. May stand only for daily weight and vitals; sit in chair for linen change; bed bath only, no shower.
  - Bedrest with wheelchair privileges: If vital signs stable, may be pushed in a wheelchair by staff on the floor; may take seated shower, use toilet in bathroom, sit at sink.
  - Bedrest with ambulation privileges – may use toilet in bathroom and may shower. If vital signs stable, may be pushed in a wheelchair by staff on the floor and may be up in room for short periods, otherwise on bedrest.
- Outside foods are not allowed unless approved by Nutrition.
- Meals are to be completed within 30 minutes, or will be supplemented with Ensure (or nutritional substitute).
- Telephone, cell phone and computer privileges will be restricted unless approved by Psychology.
- Patient may not leave floor unless approved by Psychology.
- The patient's belongings will be inventoried at admission and as needed during hospitalization.
- Parents and approved visitors are not allowed to eat in the patient's room. The family room and cafeteria are available for the parent use.