

Additional Information:

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Adolescent Ward

*Addressing the
Health needs of
Teenagers in hospital*

**EATING DISORDERS
INPATIENT SERVICE**

Information

Women's and Children's Hospital
August 2004

General Information

This service provides assessment and treatment for adolescents with an eating disorder. Within this program the young person will be seen as an individual within a “family”. The program aims at restoring the young person to good health and returning them safely to normal activity.

The Ward

The Adolescent Ward is a 16 bed ward which admits young people over 12 years with a wide variety of acute and chronic conditions.

During your stay you will be looked after by a team who will meet twice weekly throughout your stay with the aim of assisting you to good health.

You will be cared for in the main bay (6 beds of male and female patients).

Expectations

You may expect:

- Confidentiality.
- Respect for your individual needs.
- Informed, professional staff.
- Assessment and management in a supportive and safe environment.
- Open communication with the team.
- Referral to appropriate follow-up services.

The Team

You will be allocated:

- A team of **doctors**, one of which will see you each day.
- A nurse each shift as well as a **nurse care manager** who will oversee your care and needs.
- **family therapist** and/or other **mental health professional** who will be involved with you and your family.
- A **dietitian**.
- Others involved may include a **teacher** and other members of the Allied Health team.

The Program

Your day will be structured to include specific:

- School (when you are well enough) initially on the ward then in the hospital school.
Times:
9.30 to 11.30 in the morning and
1.30 to 3.30 in the afternoon.
Depending on the location of your own school, it may be possible to attend towards the end of the program.
- Mealtimes – initially on your bed and then in the dining area with other patients.
Approximate times:
Breakfast : 8.00 a.m.
Lunch : 12.15 p.m.
Tea : 5.00 p.m.
- Therapeutic appointments as scheduled
- Dietitian appointments as scheduled

Guidelines & Monitoring Your Health

Guidelines and supervision are based on your health and will be addressed on admission.

As your health improves you will be able to be more active, have less supervision and participate more in general ward activities and schooling.

Guidelines include:

1. Resting on your bed in the early stages of the program.
2. A feeding regime, which will be reviewed daily by the medical staff, in consultation with the dietitian.
3. Initially limiting visitors and phone calls to parents/guardians. Negotiation for a friend to visit or phone at a later date will be reviewed at the twice-weekly team meetings.

Monitoring your health:

1. Observations: *Temperature*, Heart Rate, *Breathing* and *Blood Pressure* (lying and standing) will be initially recorded every 4 hours.
2. Blood tests will be done on admission and then again as necessary. (At least once a week)
3. You will be weighed twice weekly (at approximately 8 a.m.), after voiding, and in a hospital gown, your urine will also be tested at this time.
4. A record of everything, you eat and drink, will be kept by the nursing staff.

Any queries regarding your program should be directed to your nurse care manager who will relay them to the team meetings for discussion. All Decisions relating to your specific program are made in these meetings.

