**Care Plan**

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| **Date** |  | **Signature** |
|  | Problem: You, \_ \_ \_ \_ \_ \_ \_ \_ have an eating disorder, and have not been able to eat enough to maintain good health and growth |  |
|  | Goal/objective of admission:  * To restore physical health * To establish regular and sufficient nutritional and fluid intake * To support you with any difficulties in following the care plan |  |
|  | **Weigh Days:**   * Weigh days: you will not be able to drink any fluids from midnight * You will not be able to have a shower allowed before weighing * You need to use the toilet before weighing * You will be weighed in light clothing |  |
|  | **Safety and Support:**   * You will be admitted to a bed in view of the nurse’s station and separate from other ED patients * All curtains +/- door will need to remain fully open at all times, one curtain is to remain open at night and when you are eating your meals * You will be allowed time to talk through any concerns you may have. |  |
|  | **Food and Drinks:**   * You will need to choose meals and snacks based on the dietetic meal plan   Your total daily fluid requirement will be documented on your meal plan. Your intake will be documented on your food/fluid chart   * Nursing staff/auxiliaries/students/ED staff will supervise all meals and the rest period after meal |  |
|  | **Daily Activities**   * You will initially be on strict bed rest and will need to use a wheelchair for mobilisation – this may be reviewed to include purposeful’ walking on ward (i.e. to toilet or shower) according to progress * You may sit out in chair during meals. * You must use the call bell for toilet/drinks (if longer than 5 minutes for toilet to use toilet in shower room (with nurse supervising from outside of the shower room) * You may have 10 minutes supervised seated showers (once daily) (nurse supervision from outside of the shower room) * You may only have access to any device which can access internet as per ward guidance. You can use ward phone (at appropriate times of day) * Your bedding, belongings, cupboard and nearest bins will be checked each day with you present (look for hidden food, cups, vomit, drinks, mobile phone) * No school work to be undertaken * Hospital school or play leaders may provide craft activities |  |
|  | **Family**   * Your family can visit outside of meal times * Your friends can visit as per your wishes * No food or drinks should be brought in from home * Your family/friends should not to discuss food/ weight/ calories with you * Your parents will be encouraged to be involved with mealtimes as you near time for discharge home from the ward |  |