



Anorexia Nervosa within the Inpatient Paediatric setting:
Protocol for Medical / Nursing management (including dietetic guidelines)

Royal United Hospital, Bath
Great Western Hospital, Swindon
Salisbury District Hospital, Salisbury

DIETETIC GUIDELINES

“Food is medicine to a young person with anorexia nervosa”

A young person with anorexia nervosa has surprisingly high energy needs. Firstly, they need to eat enough to support day-to-day activities, secondly a surplus amount to induce a sustained weight gain. For most young people under 45kg, in the absence of excessive exercise, approximately 1400 kcal will achieve this. An intake of approximately 2200 – 2500kcal/day should promote a weight gain of 0.5 – 1.0kg/week. If this energy is provided from ‘normal’ food, what would this look like?

Breakfast

Cereal (2 x Weetabix or cup of flakes / krispies) + milk **plus** 2 x slice toast with spread **plus** glass fruit juice

Morning snack

Snack from list (see below) + 150ml milk

Lunch

Soup + sandwich **or**)
Baked potato + beans + cheese **or**) **plus** dessert (e.g. sponge + custard) + 200ml
drink
Pasta bake)

Afternoon snack

Snack from list (see below) + 150ml milk

Evening meal

e.g. potatoes + fish fingers + peas **or**)
spaghetti Bolognese **or**) **plus** dessert (e.g. fruit + ice cream) + 200ml
drink
pizza + salad)

Supper

Snack from list (see below) + 150ml milk

SNACK LIST (examples)

Piece of cake	2 x biscuits (plain or cream-filled or chocolate)
Flapjack	Croissant
Muffin	2 x scotch pancakes / crumpets
Scone	packet of nuts
Yoghurt	cereal bar
Chocolate bar	1 x slice toast with spread and jam
Large cookie	packet of crisps

NON-COMPLETION OF MEALS

If any of the main meal or dessert is left (e.g. if one mouthful is left) then an ONS (See Appendix 5) must be given. If a young person would rather have a second attempt to finish their meal rather than an ONS, they should be allowed to do so. 10 minutes should be allowed for this. If the meal is not completed in this time, an ONS should be offered as before.

It is reasonable for a young person to finish the ONS in 10 minutes. If the main meal is not completed in full, provide the ONS, then offer dessert. If dessert not eaten in full, then offer another ONS.

LIST OF ONS TO USE IN PLANS

All of these are equal ONS = 300kcal

Fortisip 200ml

Fortisip Compact 125ml

Fresubin 200ml

Ensure Plus 200ml