**Eating Disorder Dietetic Care Plans**

For use when no dietitian is available

Admission

Patients known to CAMHS will have a meal plan. Please confirm with patient/dietitian/CAMHS meal plan number.

The dietitian may advise on a different meal plan due to recent dietary intake, weight loss or re-feeding risk.

Meal plans 1-5 included here. Note, staff and patient copies.

Do not give staff copy to patient/parents.

Meal/snacks should be served as per the meal plan. Use portion and snack guide included here.

Please record intake on food chart.

**Supplement/NG replacement plan**

If agreed with dietitian/CAMHS missed meals are replaced with supplements or an NG feed. Page 4\* (10)

Starter plan.

If a part or a whole meal is missed, provide 200ml Fortisip or 125ml Fortisip compact=300Kcal.

If an NG tube is in place give 300ml Nutrison Multifibre = 300Kcal. A more detailed feeding plan will be provided once dietitians are aware of admission.

On rare occasions and after consulting with dietitians, you may need to calculate how much of the meal is missed and use Fortisip/Fortisip Compact or Nutrison Multifibre to make up the deficit.

Eg: Meal plan 4 evening meal = 630Kcal if ½ portion meal + ½ portion yogurt is eaten ie 315 kcal eaten then give 125ml Fortisip Compact or 200ml Fortisip or 300ml Nurtison Multifibre =300kcal to make up for deficit

**Re-feeding risk**

For patients at risk of re-feeding syndrome offer meal plan 2 or 1 Fortisip if a meal is refused.

An initial NG regime would be:

Breakfast 300ml Nutrison Multifibre

Lunch 300ml Nutrison Multifibre

Evening meal 300ml Nutrison Multifibre

Also give A-Z vitamins eg Forceval

Thiamine 100mg TDS, one with each meal

B12 strong 1 tablet TDS. (see page 17\*)

Do not increase food or supplement or NG plan unless re-feeding bloods are within range.

For replacement of phosphate etc if required. See Anorexia Nervosa within inpatient paediatric setting document, page 12 onwards.