

## Patient information

# MEED (Medical Emergencies in Eating Disorders) Admission

### Why have I been admitted to hospital?

You have been admitted to hospital for further assessment and treatment due to medical concerns about your eating disorder. The concerns may have been raised by you, a health professional or your family and friends. Your treatment in hospital will include refeeding with medical monitoring to ensure you are safely stabilised and have a re-established regular eating pattern so you are well enough to be discharged and continue with your usual support and treatment.

### Who is involved in my care and treatment plan?

- Ward staff including nurses, nursing assistants and the medical team.
- Hospital dietitian
- Mental health specialist nurse team
- Mental health liaison team
- Community team

This can vary depending on your individual needs although, this will be discussed with you and we will explain the different roles that each team will have in your care. You may already be under the care of a community team who will continue to be involved in your care plan.

There will be elements of your treatment that may sound strict, which could feel very overwhelming. These elements are for your safety and in your best interests to support your recovery and medical stabilisation.

We recognise through experience and clinical practice that a compassionate, kind, yet firm and bounded approach is helpful in the treatment of eating disorders. We will explain our rationale for our recommendations which are based upon best evidence and clinical experience which will enable you to make informed choices about your care and treatment.

## **What happens when I arrive in hospital?**

You will usually be seen initially in the emergency department (ED) or in the acute assessment unit (AAU) before being transferred to a ward in the hospital. The mental health specialist nurse and dietitian will meet with you as soon as possible to discuss your admission with you.

You will be asked to remain on bed rest on arrival and to remain on the ward. This is to allow medical monitoring of your body at rest as part of your initial assessment and will in part go to inform your treatment plan and determine any immediate tests or interventions that may be required to prevent any further deterioration.

## **What tests will I have?**

- ECG
- Blood tests
- Weight monitoring
- Blood Glucose monitoring
- Blood pressure
- Pulse and respiratory rate
- Oxygen saturation levels.

Your care team will discuss your tests and the frequency of monitoring with you as this can change during the course of your admission.

## **What can I expect during my admission?**

Refeeding is an essential and a core component of your treatment and stabilisation whilst in hospital. The dietitian will meet with you as soon as possible to discuss your meal plan with you, and you can expect to have regular incremental changes to this during your admission.

Generally, you will be offered food in the first instance. If you are unable to manage this then oral sip feeds or nasogastric (NG) tube feeding will be considered. Your care team will discuss your individual needs with you. We recognise this is challenging and can be very distressing for you however, staff are available to support you in a compassionate way and reaffirm that your nutrition is an essential part of your treatment.

Staff will need to closely monitor and record your food and fluid intake during your admission. We need to know this to make sure that you are meeting your body's nutritional requirements to enable medical stabilisation and begin your recovery from your eating disorder.

## **Who can support me at meal and snack times?**

- Family
- Friends

- Carers
- Ward staff.

We encourage you to consider what would be helpful for you to manage your eating distress whilst in hospital. Staff will explore this with you and share this with the wider team so we can all try to support you in a consistent way.

Where appropriate, you will have 1-to-1 supervision during and after meal times. This is to support you to manage your nutrition, support with distraction and support you to manage any distress. We will work collaboratively with you to understand what you find helpful and unhelpful to enable us to best support you.

### **Are there anymore “essentials” in my care plan?**

We acknowledge that eating disorders are very powerful illnesses and will often try to hijack progress through your treatment plan, which is why as your treatment team, we can appear strict about the essentials that are necessary to support you in this part of your recovery. We will do this in a kind, compassionate yet firm way with your best interests being the most important thing. The re-establishment of adequate, regular eating is an essential step in treatment and recovery from an eating disorder. The mental health specialist nurse will discuss the details with you, and together you will create a collaborative care plan for your admission.

### **How long will I have to be in hospital?**

This is a difficult question to answer and there is no set time frame. Your length of admission will depend on many things. How you progress with your meal plan, how your body responds to refeeding and if any additional treatment is required to get you to a point where it is safe for your treatment and support to continue outside of the hospital. Your care team will discuss this with you as you progress through your admission. We will always try to keep admissions timely, meaningful, and appropriate to your health needs.

### **Can I bring in things from home?**

We would recommend bringing in a few things that you find helpful for distraction and occupying time, for example, books, colouring books, puzzles, electronic devices (these should be brought at your own risk, as the Trust cannot take responsibility for items going missing or stolen). You may also like to have something familiar around you such as photographs, a blanket, or a keepsake.

### **Can I have visitors?**

Absolutely! We recognise that coming into hospital is a difficult time often unexpected or unwanted, although usually essential. Having visitors keeps you connected with your loved ones, offers support and encouragement and breaks the day up. You are welcome to have family, friends and carers come in to support you at meal and snack times if you find this helpful.

## **What if I cannot follow my treatment due to being so unwell with my eating disorder?**

Your care team will work collaboratively with you to monitor your progress during your admission. Your team will explore the next steps with you if you are struggling to engage with your treatment plan.

## **Any Questions?**

If you have any questions about your treatment and care plan, please do not hesitate to speak to your care team.

## **Clinical research**

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nsh.uk](mailto:info.gov@wsh.nsh.uk). This will in no way affect the care or treatment you receive.

## **Accessibility**

If you require this leaflet in a different format, please contact the patient advice and liaison service on 01284 712555 or email [PALS@wsh.nhs.uk](mailto:PALS@wsh.nhs.uk)

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