# Anorexia Nervosa In-Patient Care Path

## Version 4

- Originally developed September 1, 2010.

### Stage 1

#### Level 1

- **Nutrition:**
  - Patients must remain at table for meals.
  - Post-meal support required: 60 minutes for meals.

#### Level 2

- **Nutrition:**
  - Patients assessed for readiness to attend cooking group, restaurant group, and snack outings.

### Stage 2

#### Level 2

- **Nutrition:**
  - 100% completion of meals and snacks

#### Level 3

- **Nutrition:**
  - 100% completion of meals and snacks

### Stage 3

#### Level 3

- **Nutrition:**
  - 100% completion of meals and snacks

#### Level 4

- **Nutrition:**
  - 100% completion of meals and snacks

### Stage 4

#### Level 4

- **Nutrition:**
  - 100% completion of meals and snacks

#### Level 5

- **Nutrition:**
  - 100% completion of meals and snacks

### Stage 5

#### Level 5

- **Nutrition:**
  - 100% completion of meals and snacks

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### Additional Notes

- Patients may be eligible for one outside 30-minute time per day with others between 12:00-12:30 in designated areas of hospital grounds (age, parental consent and MH Act dependant).

- **Criteria to Progress:**
  - Patients may be eligible for one outside 30-minute time per day with others between 12:00-12:30 in designated areas of hospital grounds (age, parental consent and MH Act dependant). Patients assessed for readiness to participate in staff supervised outings, yoga and Mind Body Fitness (criteria: >80% body weight, complete interview and medically cleared by pediatrician).

- **Criteria to Progress:**
  - Patients may be eligible for one outside 20-minute time per day with others between 12:00-12:30 in designated areas of hospital grounds (age, parental consent and MH Act dependant). Patients assessed for readiness to participate in staff supervised outings, yoga and Mind Body Fitness (criteria: >80% body weight, complete interview and medically cleared by pediatrician).

- **Criteria to Progress:**
  - Patients may be eligible for one outside 15-minute time per day with others between 12:00-12:30 in designated areas of hospital grounds (age, parental consent and MH Act dependant). Patients assessed for readiness to participate in staff supervised outings, yoga and Mind Body Fitness (criteria: >80% body weight, complete interview and medically cleared by pediatrician).

- **Criteria to Progress:**
  - Patients may be eligible for one outside 10-minute time per day with others between 12:00-12:30 in designated areas of hospital grounds (age, parental consent and MH Act dependant). Patients assessed for readiness to participate in staff supervised outings, yoga and Mind Body Fitness (criteria: >80% body weight, complete interview and medically cleared by pediatrician).

- **Criteria to Progress:**
  - Patients may be eligible for one outside 5-minute time per day with others between 12:00-12:30 in designated areas of hospital grounds (age, parental consent and MH Act dependant). Patients assessed for readiness to participate in staff supervised outings, yoga and Mind Body Fitness (criteria: >80% body weight, complete interview and medically cleared by pediatrician).

### Activity

- **HR ≥ 45**
  - Weight ≥ 70% of suggested body weight

### Medical/Tests

- **Blood Work measured every 2 months.
- Vital Signs measured per doctor’s individual doctor’s orders.
- Additional medical monitoring as per individual doctor’s orders.

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### Parent Responsibility

- Attend family meetings.
- Watch Meal Support Video.
- Meet with Dietician.

- **Nutrition:**
  - Complete minimum of one supported meal and one supported snack prior to any snack and meal passes offered.

- **Nutrition:**
  - Patients served own meals and snacks.

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  - Patients served own meals and snacks.

### Passes

- **Nutrition:**
  - No passes.

- **Nutrition:**
  - Patient assessed for readiness for passes with parents on weekdays.

- **Nutrition:**
  - Patient assessed for readiness for 24-48 hour passes with family on weekends.

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