

## Bulimia Nervosa In-Patient Care Path

Transition to Level 2      Transition to Level 3      Transition to Level 4      Transition to Level 5

Stage	Level 1	Level 2	Level 3	Level 4	Level 5
Stage		Stage B	Stage C	Stage D	Stage E
Nutrition	<ul style="list-style-type: none"> <li>-1:1 Meal Support for 1<sup>st</sup> meal or snack.</li> <li>-Dietician chooses meals and snacks.</li> <li>-Staff set-up meals and snacks, apply spreads, removes lids, and check for completion.</li> <li>-Patient must remain at table.</li> <li>Meal: 30 minutes</li> <li>Snack: 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>- Patient chooses meals and snacks.</li> <li>- Patient removes lids for meals and snacks, and apply spreads.</li> <li>- Staff set-up meals and snacks and check for completion.</li> <li>- Patient may leave table early.</li> <li>Meal: 15 minutes</li> <li>Snack: 10 minutes</li> <li>- Patient assessed for readiness to attend cooking group, restaurant group, and snack outings.</li> </ul>	<ul style="list-style-type: none"> <li>- Patient sets up own snacks.</li> <li>- Staff set-up meals and check for completion.</li> </ul>	<ul style="list-style-type: none"> <li>- Patient serves own meals and snacks.</li> <li>- Patient may have afternoon snacks on or off the unit in designated areas of the hospital grounds without supervision.</li> <li>- Patient may have Mon., Wed., and Fri. lunches on or off the unit in designated areas of the hospital grounds without supervision.</li> <li>- Post meal support provided by staff for dinner and evening snack.</li> </ul>	<ul style="list-style-type: none"> <li>- Patient may have cafeteria vouchers at lunch.</li> <li>- Patient may have all lunches on or off the unit in designated areas of the hospital grounds without supervision.</li> <li>- Patient may choose snack substitutions as available.</li> <li>- No post meal required.</li> <li>- Patients have morning and evening snack, and dinner on the unit.</li> </ul>
Criteria to Progress	100% completion of meals and snacks	100% completion of meals and snacks	100% completion of meals and snacks	100% completion of meals and snacks	100% completion of meals and snacks
Criteria to Progress	Minimum 1kg per week weight gain	Minimum 1kg per week weight gain	Minimum 1kg per week weight gain	Minimum 1kg per week weight gain	Minimum 1kg per week weight gain
Criteria to Progress	Respectful attitude	Respectful attitude	Respectful attitude	Respectful attitude	Respectful attitude
Stage		Stage B	Stage C	Stage D	Stage E
Medical/Tests		<ul style="list-style-type: none"> <li>- Patient weighed weekly.</li> <li>- Patient height measured every 2 months.</li> <li>- Vital Signs as per doctors individual doctor's orders.</li> <li>- Blood Work as per individual doctor's orders.</li> <li>- Additional medical monitoring as per individual doctor's orders.</li> </ul>			
Activity	<ul style="list-style-type: none"> <li>- Patients may be eligible for one ten minute outside time per day with others between 12:00-12:30 in designated areas of hospital grounds (age, parental consent and MH Act dependant).</li> <li>- Patients assessed for readiness to participate in staff supervised outings, yoga and Mind Body Fitness (criteria: <math>\geq 85\%</math> body weight, complete interview and medically cleared by paediatrician).</li> </ul>	<ul style="list-style-type: none"> <li>- Patients may be eligible for one 15 minute outside time per day with others between 12:00-12:30 in designated areas of hospital grounds (age, parental consent and MH Act dependant).</li> </ul>	<ul style="list-style-type: none"> <li>- Patients may be eligible for one 20 minute outside time per day with others between 12:00-12:30 in designated areas of hospital grounds (age, parental consent and MH Act dependant).</li> </ul>	<ul style="list-style-type: none"> <li>- Patients may be eligible for one 30 minute outside time per day with others between 12:00-12:30 in designated areas of hospital grounds (age, parental consent and MH Act dependant).</li> </ul>	<ul style="list-style-type: none"> <li>- Patients may be eligible for one 30 minute outside time per day with others between 12:00-12:30 in designated areas of hospital grounds (age, parental consent and MH Act dependant).</li> </ul>
Passes	<ul style="list-style-type: none"> <li>- No passes.</li> </ul>	<ul style="list-style-type: none"> <li>- Patient assessed for readiness for passes with parents on weekdays and after dinner. Passes begin with in-between passes, progressing to snacks and then meals.</li> </ul>	<ul style="list-style-type: none"> <li>- Patient assessed for readiness for 24-48 hour passes with family on weekends.</li> </ul>	<ul style="list-style-type: none"> <li>- Patient assessed for readiness for up to 96 hour passes with family.</li> </ul>	<ul style="list-style-type: none"> <li>- Patient assessed for readiness for 48 hour passes with family on weekends with parents providing post-meal support.</li> </ul>
Parent Responsibility		<ul style="list-style-type: none"> <li>- Complete minimum of one supported meal and one supported snack with staff prior to any snack and meal passes offered.</li> <li>- Parents consult on assessment of patients readiness for passes.</li> </ul>	<ul style="list-style-type: none"> <li>- Parents required to bring one prepared meal for themselves and their child, to be eaten with staff on the unit.</li> </ul>		