



Patient & Family Guide

2022

Eating Disorder Inpatient Program



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Eating Disorder Inpatient Program

What is the Eating Disorder Inpatient Program?

- The Eating Disorder Inpatient Program is a voluntary inpatient program for people over the age of 17 who have an eating disorder.
- The goals of the program are to help you:
 - › Manage your eating disorder symptoms
 - › Get to and stay at a healthy weight
 - › Get and stay healthy
- How long you stay will depend on your physical and mental health. This can be hard to predict. While you are in the hospital, your health care team will help you get ready for discharge.
- Before you are admitted, you and your support person(s) are welcome to take a tour. To arrange for a tour, call the inpatient unit and ask to talk with the eating disorder nurse:
 - › Phone: 902-473-2488
- Once you have completed the inpatient program, we recommend that you continue in the outpatient program until you are fully recovered.

Who is the Eating Disorder Inpatient Program for?

The inpatient program is for people who:

- › do not weigh enough to enter the outpatient program.
- › are struggling to manage their eating disorder behaviours at home.
- › need medical stabilization (have negative effects from not eating enough).

You and your health care team will decide together if the inpatient program is right for you.

Your health care team

Nurses

There are 3 nurses who will:

- › Monitor your health
- › Provide support during meals
- › Provide emotional support

Psychiatrist

The psychiatrist will meet with you once a week. They will monitor your progress and help manage your medication(s).

Recreation Therapist

The recreation therapist will help you find recreation activities (like art, music, and community outings) to enjoy during and after your stay.

Social workers

Social workers are available to help you with the next steps in your recovery, like social services (income assistance, help with finding a job), and finding housing.

Dietitian

The dietitian will create a meal plan to meet your nutritional needs.

Where is the Eating Disorder Inpatient Program?

- The Eating Disorder Inpatient Program is located at the Abbie J. Lane Memorial Building at the QEII Health Sciences Centre in Halifax. It is on the seventh floor (also called “7 Lane”).
- This unit is a 25-bed secured psychiatric unit for patients with different conditions. The inpatient eating disorder room is for people with eating disorders. It has 3 beds.
- Go to the main doors of the Abbie J. Lane Memorial Building on Veterans’ Memorial Drive. Tell security that you are being admitted. Take the elevator to the seventh floor. An inpatient nurse will meet you at the time you have chosen.

What will happen on my first day?

When you arrive, the nurse will check you in. They will:

- › Check your belongings. This is to make sure the unit is safe for everyone. See the packing list on page 5 of things you might like to bring to make your stay more comfortable.
- › Give you a tour of the unit and bring you to your room. You will have up to 2 roommates. They will give you time to settle in and unpack your belongings.
- › Take your vital signs (temperature, blood pressure, pulse, and breathing) and ask you about your medical history. A doctor will give you a physical exam.
- › Review what is expected of you on the unit and your contract for treatment. A contract is an agreement about your care plan. It lists things that you and your health care team can do to support your recovery.

The nurses are here to support you during your stay. If you have any concerns, please talk with your nurse.

Packing list

We want you to be comfortable while you work on your recovery. Below are a few things you may want to bring:

- Comfortable, loose-fitting clothes (like pyjamas or sweatpants). Tight-fitting clothes are not allowed. This helps with your recovery.
- Robe and slippers
- Flip-flops to wear in the shower
- Sneakers to wear for recreation and outings
- Medications
- Toiletries (like shampoo and conditioner, feminine hygiene products [pads, tampons, etc.])
- Bedding. Hospital bedding is provided, but you may want to bring your own pillow and blanket.
- Pictures
- Activities
 - › Craft supplies
 - › Laptop or tablet
 - › Cell phone
 - › Headphones
 - › Books
 - › Games
 - › Journal

Note: Sharp items (like razors) are locked in the patient belongings room. Please ask a member of your health care team if you would like to use something.

Please leave valuables at home or send them home with a support person. The hospital is not responsible for the loss of any item.

We will check your belongings when you are admitted. You can be there while we check them.

What treatment will I have?

Medical monitoring

We will monitor your physical health. You will have a blood test each day, and an electrocardiogram (ECG/EKG) to check how well your heart is working. Your nurse will check your vital signs often.

Meals

- You will be supported to eat 3 meals and 3 snacks a day. We believe that all foods fit — **there are no good or bad foods**. You will be exposed to a wide variety of foods approved by a dietitian. Nursing staff will support you in choosing and finishing your meals.

- After a meal, you will be asked to check in with the nurse. During check-in, you will talk about how you felt while eating. We try to avoid talking about nutrition and focus on the emotional or psychological experience of eating.
- During and after each meal, you will be given emotional support and skills to help you improve your relationship with food.

Activity

Depending on your care plan, you may be on bedrest. You may wish to bring activities that can be done while sitting or lying in bed (like crafts, journals, books, or a device to watch movies). Our recreation therapist can help you find activities you enjoy.

Washroom

- Depending on your care plan, you may be supervised while using the washroom. This is to help stop any behaviours that are getting in the way of your recovery.
- Your bathroom door may be locked for your own safety or the safety of your roommate(s).

Weight

- We will monitor your weight on Monday and Thursday mornings. This will help us track your progress while you are in the hospital.
- We understand that this experience can be hard. We are here to support you.

Therapy

- Your brain must be well-nourished (have enough nutrients) to take part in therapy. **Usually, therapy starts once you are well enough to transition (move) to the outpatient program.**
- You will learn some tools and skills to help you cope while you are in the hospital. Your health care team will teach you:
 - › Distress tolerance skills (like deep breathing, ways to distract from negative emotions, mindfulness)
 - › Emotional regulation (how to manage your feelings)
 - › Mindfulness
- You will have individual sessions during your stay. These skills will help you get ready for the next step in your recovery.

Medication

Your health care team will help you manage your medication(s). If you have any questions about your medication(s), please ask a member of your health care team.

Passes

You may be given a pass to go off the unit or to go home. This will depend on what stage of the program you are in. You and your health care team will decide when you are ready for a pass.

Visitors

- You may have visitors. Please tell front desk staff so they can let them on the unit.
- Visiting hours are based on your treatment plan. You and your health care team will decide what visiting hours are right for you. Everyone can have visitors from 6:30 to 8:30 p.m. each day.

How can my support person(s) help with my recovery?

- It is up to you to decide what you are comfortable sharing with your loved ones, classmates, or coworkers. You may choose to share why you are in the hospital or keep it private.
- **Your health information will be kept private unless you consent (agree) for it to be shared.** If you would like your health information to be shared with a support person, please talk with your nurse.

Ask for help

Your loved ones may want to help, but not know how. If you need something (like a visitor, extra clothes, someone to talk with, etc.), be sure to ask.

**What are your questions?
Please ask. We are here to help you.**

Planning for discharge

Moving from the inpatient program to the outpatient program is a positive step in your recovery. But it can be challenging. Your loved ones can help you as you continue to recover. You may choose to include them in your discharge plan. Think about what they can do to support your recovery. For example, they can eat meals with you, weigh you, or check in regularly.

Visitors

Visitors can help to lift your spirits. Ask your loved ones if they are comfortable coming to visit. Talk with a nurse to make sure the visiting room is free when you plan to visit.

Testimonials

“Accepting inpatient eating disorder treatment was not easy, but it was easily one of the best decisions I have made. It taught me how to take charge of my own health and gave me the tools I needed to recover from my eating disorder.”

“My time as an inpatient in the eating disorders program was challenging yet liberating. I remember feeling scared and uncertain at first, but as time went on I could feel myself breaking free from my eating disorder. I am so glad that I committed myself to the process and very thankful to my care team for helping me recover.”

“Becoming an inpatient in the Abbie J. Lane eating disorders program was the first step I took to push back against my eating disorder. The time I spent in hospital was challenging, but worth every minute. Now that I am healthy again, I can see just how important the inpatient experience was to my recovery.”

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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Prepared by: Nova Scotia Eating Disorder Provincial Service

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.