

OUR LADY'S CHILDREN'S HOSPITAL
NURSING CARE PLAN 36.



Eating disorder

Care of a child presenting with an eating disorder or imbalanced nutrition (less than body requirements)

Eating disorder Nursing Care Plan 36		Issue date: Nov 2016	
Problem:		Review date Nov 2019	
EATING DISORDER/IMBALANCED NUTRITION		To provide help with nutritional rehabilitation, weight restoration, cessation of weight reduction behaviours, improvement in eating behaviours and improvement in psychological and emotional state.	
Commenced date, time & signature	No	NURSING INTERVENTION	Discontinued date, Time & signature
	1	NUTRITION MANAGEMENT	
		<ul style="list-style-type: none"> ▪ Offer meals as per dietician's plan. ▪ Administer Enteral feed as per dieticians plan ▪ Note: All meals/snacks are pre-planned. They are non-negotiable at time of meal/snack. ▪ Meals to be supervised by nursing staff <input type="checkbox"/> _____ or Parent/Carer <input type="checkbox"/> _____ <i>This is subject to change based how this process works</i> ▪ 30-45 minutes rest period following meals. Patient to use toilet prior to meal if needed. ▪ Accurately record all food offered, eaten & refused on record sheets. ▪ Record fluid intake on separate daily fluid balance sheet. ▪ Observe patient's eating behaviours & reaction to food & mealtimes 	
	2	WEIGHT MANAGEMENT	
		<ul style="list-style-type: none"> ▪ Record weight and height on admission. ▪ Record weight: _____ weekly on _____ ▪ (no. of times) _____ (Specify days) _____ ▪ (*maintaining standard conditions i.e., on same scale (<u>sitting scales</u>), prior to Breakfast, patient in night attire, barefoot, empty bladder.) ▪ Don't disclose weight at time of weigh in. This will be discussed during psychiatry reviews. 	
	3	PHYSICAL ACTIVITY	
		<ul style="list-style-type: none"> ▪ Level of activity – Total bed rest <input type="checkbox"/> <li style="padding-left: 40px;">Reduced activity <input type="checkbox"/> <li style="padding-left: 40px;">Normal activity <input type="checkbox"/> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>Details: (description of activities allowed as per medical/psychiatry teams) Date changes:</p> </div> <ul style="list-style-type: none"> ▪ Monitor activities. Observe for behaviours used to increase energy output or to lose weight Example: <ul style="list-style-type: none"> ▪ Be aware of frequency of trips to the toilet and time spent in toilet/shower where patient may be exercising or purging ▪ *Exercising- pacing in room or on corridors, repeatedly in/out of bed, over-use of toilet facilities, long periods in toilet/shower ▪ *Micro-exercising- constant small movements while lying in bed, sitting or standing (repeated flexing/extending muscles, kicking/tapping legs) 	

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CONT'D	4	MONITOR PHYSICAL STATUS	
		<ul style="list-style-type: none"> ▪ Medical investigations as per medical team <p>Vital signs as prescribed Details:</p> <p>Bloods required <input type="checkbox"/> Details:.....</p> <p>ECG required <input type="checkbox"/> Details:</p> <p>Other investigation <input type="checkbox"/> Details:</p> <ul style="list-style-type: none"> ▪ Monitor for effects of re-feeding syndrome (at early stages of admission or at times of significant increase in nutrition) <p>*Note vulnerability to Hypotension, Hypoglycemia, Bradycardia, Low core temp, Electrolyte imbalances, Vitamin deficiency, Gastric discomfort.</p>	
	5	MONITOR MENTAL STATE	
		<ul style="list-style-type: none"> ▪ Establish a therapeutic relationship with patient. ▪ Observe & record patient's mood & behaviours. ▪ Monitor & record patient's sleep patterns. ▪ Monitor interactions with staff, family and visitors. ▪ Offer child the opportunity to verbalise his/her thoughts, feelings & concerns re. increased dietary intake, weight gain, body image. Report to psychiatry team. ▪ Offer patient encouragement around issues relating to his/her dietary intake in particular at meal times if patient is struggling to complete meals. (A firm but supportive approach by the nurse/carer is needed) 	
	6	ANY ADDITIONAL ASPECTS OF CARE	
		<ul style="list-style-type: none"> ▪ Above aspects of care must be explained on a daily basis to nurse's and HCA's providing special observations to patient especially if patient is not known to them. ▪ (Please add as required) 	