



Inpatient unit Patient information

Your questions answered

This information is to help answer some questions you might have. We understand that coming to hospital can be a very difficult time. Feel free to ask your nurse or other staff questions you have when you are in hospital. You can also call and speak with the nurse unit manager or the clinical nurse consultant, to ask questions and talk about plans before you get here.

Contact us

Fifth Floor, Professor Marie Bashir Centre
Royal Prince Alfred Hospital
67-73 Missenden Road
Camperdown NSW 2050

Phone: (02) 9515 1551

Where do I go when I arrive at hospital?

Please come to the Mental Health Assessment Unit on the ground floor.

There is a drop-off area at the front of the building and paid street parking in the nearby streets. Please come to the foyer of the building and follow the signs to the Assessment Unit. Please tell staff in the Assessment unit that you are here for a planned admission to the inpatient eating disorder program.

Your first meeting with a doctor or nurse

In the assessment unit you will have a short meeting with a doctor and a nurse to check your physical health before you go into hospital. They will check your blood pressure, temperature, pulse, heart rate, and ECG (to check the functioning of your heart). They may need to take a blood test.

How long will I stay in hospital?

Most people stay on our ward for 6 to 8 weeks.

What clothes should I pack?

Dress code

Eating Disorders come in all shapes and sizes. Try not to compare yourself with other people, as this can be very unhelpful. Please cover your shoulders and knees. We ask that tights are only worn under something else. Aim to dress right for the weather and your own comfort. We prefer that you don't wear robes at meal times, but if you do wear them staff will ask you to roll up your sleeves while eating and empty your pockets at the end of the meal. Bring enough clothing to last a few weeks.

Laundry facilities

We have a washing machine and dryer on the unit; please ask staff if you would like to use it.

What times are meals?

Meals are served in the dining area. Please be in the dining area at these times:

- Breakfast: 8am
- Morning Tea: 10.30am
- Lunch: 1pm
- Afternoon tea: 3:30pm
- Dinner: 6pm
- Supper: 8pm

Peter Beumont Eating Disorders Service

Important parts of the program

There are some important parts of the program that need to happen so that we can help you.

Going to meals

Patients and staff sit together at the dining table for main meals and snacks. We want you to feel supported to use normal eating and drinking behaviours. By sitting at the table you are also helping others to distract from the stress of eating.

What happens at meals?

Staff will sit with you to support you at the dining table. They will encourage you to finish your main meals in 30 minutes and snacks in 15 minutes. When you have finished your meal you need to stay at the table while other people finish. Talking at the meal table can be helpful, but please do not talk about food, weight or dieting. Remember that meals can be upsetting, but talking about things other than food can be helpful and distracting. It is not okay to talk about changing your food with ANY staff or patients while in the dining room. You are expected to finish any food or drink on your meal to the best of your ability.

Staff will remind everyone not to use eating disorder behaviours, as this can be upsetting to others. Some things that are not okay include:

- Too much stirring or cutting food
- Pulling food apart
- Eating small amounts
- Eating too quickly or too slowly
- Using too much salt/pepper
- Over-heating

Supplements

It is important that you try to finish all meals. If you have difficulty eating all of your meal or snack, you will be helped by staff to have a nutritionally complete drink instead.

Drinks

Water bottles, flasks and other drink holders are not allowed on the unit.

The focus is to finish what is on your meal plan first, rather than filling up on fluids that can make you feel full and bloated. Three times a day you can have an optional cup of tea or coffee (or water) after you finish your meal or snack.

No eating or drinking outside of meal times

As many people's bodies are very sick from their Eating Disorder, it is important that we don't 'overload' your system. While you are in hospital, eating extra food, like lollies and sugary drinks, can hurt you. You are not allowed to bring food or drinks from outside the hospital. This includes chewing gum, lollies, tea and coffee. Ask your nurse about information on Refeeding Syndrome.

Rest time

After each main meal we ask that you rest for 60 minutes, and for 30 minutes after snacks. Here are some things you can do during rest time:

- Go to group
- Sit in the lounge area with your feet up
- Something relaxing like reading or colouring
- Practice a skill that you have learned in group
- Journal some of your thoughts and feelings
- Share your experiences with your nurse

Using the bathroom

Please use the toilet before meals, groups or rest times. If you need to go during a rest period you will be escorted to make sure that you are okay. Bathrooms are locked at meal time and after meals.

Going to group and private sessions

We have a program each week with different group activities. It is very important that you go to all of these sessions. The group sessions are for learning and therapy, and a place where you can share your experience and support others. You are welcome to have one-on-one time with a dietitian, psychologist, occupational therapist, and social worker for more help and learning about treatment and recovery. A social worker can give family support. In some group activities you will go outside the hospital for a snack or a takeaway meal, and you will need a small amount of cash with you.

Peter Beumont Eating Disorders Service

Your meal and fluid plan

You will be given a balanced diet to meet your body's needs. This is made by a dietitian in your first week in hospital, and may be changed when needed. Your dietitian will talk to you about why regular meals and snacks are important to help you eat in a normal and healthy way; without restricting food, binge eating or purging. Your menus will be filled in every day from Monday-Friday when the dietitian assistant visits. On Fridays you will fill in your menu for Saturday, Sunday and Monday. Your choices need to be right for your Meal and Fluid plan. If your choice isn't in your Meal Plan, a Dietitian may change the choice if needed. The daily menus will be given to Food Services/Kitchen staff on the ward and each meal time your meal will be plated by the kitchen staff.

What happens if I don't like a food or I have an allergy?

You are allowed to tell your dietitian about food you don't like. No more than TWO food dislikes can be made, and they cannot be whole food groups like meat or dairy. If you have a food allergy that has been tested by a doctor, please let us know.

Your room

We ask that you do not drink, eat or store food in your room - you are not allowed to eat or drink outside of meal times. Storing food in bedrooms is unsafe as it attracts pests to the hospital. To make sure we keep the ward safe for everyone, staff may perform room searches where needed. We will talk to you about this. Your room will be locked during meals and rest periods.

Weighs

Your weight will be checked twice a week on Monday and Thursday mornings from 6.00am. We aim to do this the same way each week for everyone, in a sensitive and straightforward manner. Please use the toilet before you are weighed, remove any jewellery, and wear underwear and a hospital gown. Feedback can be discussed in Case Review or with your dietitian about your progress.

Leave

During the first week we ask that you stay on the ward while we get to know you. If you would like leave from the ward, please let the treating

team know at Case Review. To be granted leave you must be medically safe to leave the unit and this is dependent on your clinical progress. It is hospital policy that leave starts after 10am, and we recommend you return by 6pm.

Goal setting and planning

Please let the treatment team know what your goals are and how we can help you to achieve them. As you get closer to going home we will work with you to make an ongoing plan for returning home and continuing your recovery outside of hospital.

Case review

This is a weekly meeting on Monday and Tuesday when the treating team will check on your progress. A psychiatrist, registrar, dietitian, psychologist, social worker, occupational therapist and nurse will be in the meeting. The aim is to check your progress, provide education and reasons for decisions about your treatment, and find areas where you may need extra support. You can ask questions and talk about your goals.

Visiting hours

Monday - Friday: 4pm - 8pm
Weekends: 10am - 8pm

Visitors

While you are in hospital your recovery is the priority, and we ask that visitors come outside of meals, snacks and therapy times. Please ask visitors to call ahead to check, or ask that they be given a copy of the group timetable. If visitors do arrive during meals they will be asked to wait outside ward until the meal is completed. We also ask that visitors do not come during rest periods except after dinner and weekends.

Free time

There are times when no groups are running. There is a television, DVD player, Wii, puzzles, board games and art supplies for you to enjoy. You are welcome to bring in books, puzzles, coloring in, crosswords, card games etc.

Peter Beumont Eating Disorders Service

Smoking

This hospital is a no-smoking area – so smoking is NOT allowed on the unit. If you bring cigarettes or lighters to hospital we can store them safely and return them to you when you go home. You can talk to staff about nicotine replacement therapy to help with withdrawals.

Courtyard access

Our courtyard is open during the day after 8am. Sometimes it may be closed due to weather or if staff decide it is needs to be closed for other reasons. The door will be locked during meal and rest times.

Mobile phone policy

No one is allowed to have their mobile with them while on the unit – Staff will store it safely for you when you arrive. It's a good idea to write important numbers down on a piece paper so that you can make calls using the unit phone if you need to. If you would like to read the policy about mobile phones please ask your nurse. If you have leave from the hospital you may take your mobile phone but will be required to give it to staff to be stored safely when you return to the unit.

Patient phone: (02) 9515 1464

Unit phone

From 8.30am to 9pm, you may use the unit phone to receive incoming and make outgoing calls. It's a good idea to write important numbers down on a piece paper.

Internet

You are welcome to bring a laptop or tablet device with you for use during your stay with us. If you need to use the internet for study/bills etc. please speak with a nurse who will supervise your internet use in the interview room.

The Mental Health Act and the Mental Health Review Tribunal

People who are in hospital under the Mental Health Act (2007) will have a tribunal hearing to decide the treatment that is best for them. Staff will sit down and explain treatment options available to you and your rights and what is expected of you. We will give you a 'Rights and Responsibilities' information sheet.

Sexual safety

People are often very vulnerable when they are in hospital. It is not okay to have sexual and intimate contact with other people (including consented) while you are here. To make sure everyone is safe – any unwanted touching, sexual comments, indecent exposure and other unsafe behaviours will be taken seriously and may involve police. Please let a member of the treating team know if you experience something that makes you feel uncomfortable while you are in hospital.

Possessions

For safety reasons you are required to hand in the following items:

Valuables/cash

Up to \$50 cash is allowed to be kept on the ward, and it will be locked up safely by staff. Please don't bring valuable items to the ward – if you do we will ask you to give items to a family member or we can lock items safely for you until you go home.

Medications

You are not allowed to keep medications on you while you are in hospital. We can lock them away and return them when you leave hospital or you can give them to family to take home for you.

Sharp bladed tools and other unsafe objects

Scissors, knives, razors, glass containers, needles or syringes are not allowed.

Electrical devices

Hair straighteners and hair dryers are only allowed to be used when staff are with you and must be locked away. You may bring portable DVD players, mp3 players or eBooks.

Alcohol and substances

Alcohol and substances are not allowed on the unit or when on leave from the unit. If any illegal substances are found, the police may be contacted.