

NURSING CARE PLAN No 35
Eating Disorder
Please use in conjunction with careplan 1

Full Name:

Address: **Addressograph**

HCR.....

Care Plan No 35 Problem	Eating Disorder Goals	Issue Date: April 2020	Review Date: April 2023
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.		
No	NURSING INTERVENTION	Commencement, Date, Signature, Time, Grade	Discontinued, Date, time, Signature, Grade
1	Nutrition Management		
	<ul style="list-style-type: none"> • Offer meals as per dietician's plan. • Administer Enteral feed as per dietician's plan <p>Note: All meals/snacks are pre-planned. They are non-negotiable at time of meal / snack.</p> <ul style="list-style-type: none"> • 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> • <i>30-45 minutes rest period following meals. Patient to use toilet prior to meal if needed.</i> • 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) • <i>(*maintaining standard conditions i.e., on same scale (sitting scales), prior to Breakfast, patient in night attire, barefoot, empty bladder.)</i> • Don't disclose weight at time of weigh in. This will be discussed during psychiatry reviews 		
3	Physical Activity		
	<p>Level of activity: Total bed rest <input type="checkbox"/> Reduced activity <input type="checkbox"/> Normal activity <input type="checkbox"/></p> <p>Details: <i>(description of activities allowed as per medical/psychiatry teams)</i></p> <p>Date changes:</p> <ul style="list-style-type: none"> • Monitor activities. Observe for behaviours used to increase energy output or to lose weight <p>Example:</p> <ul style="list-style-type: none"> • <i>Be aware of frequency of trips to the toilet and time spent in toilet/shower where patient may be exercising or purging</i> • <i>*Exercising- pacing in room or on corridors, repeatedly in/out of bed, over-use of toilet facilities, long periods in toilet/shower</i> • <i>*Micro-exercising- constant small movements while lying in bed, sitting or standing (repeated flexing/extending muscles, kicking/tapping legs)</i> 		

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4	Monitor Physical Status	Commencement , Date, Signature, Time, Grade	Discontinued, Date, time, Signature, Grade
	<ul style="list-style-type: none"> Medical investigations as per medical team <p>Vital signs as prescribed Details:</p> <p>.....</p> <p>Bloods required <input type="checkbox"/> Details:</p> <p>.....</p> <p>ECG required <input type="checkbox"/> Details:</p> <p>.....</p> <p>Other investigation <input type="checkbox"/> Details:</p> <p>.....</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, Hypoglycaemia, 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 mealtimes 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) 		
Additional Details			

Created by Edel McCarra CNSp
Issue Date: November 2016 / Review Date: November 2019