

Eating Disorder Service

An introduction to our specialist eating disorder service

The Priory Hospital Altrincham is a 10-bedded eating disorder unit providing specialist outpatient, inpatient and day patient treatment located in Hale, near Altrincham, Cheshire. Our highly experienced multidisciplinary team is led by Dr Kay Callender, Consultant Psychiatrist. The unit treats patients with a wide variety of eating disorders and facilitates nasogastric feeding if required.

Patient profile

Males and females aged 18 and over diagnosed with a severe eating disorder, including:

- Anorexia nervosa
- Bulimia nervosa
- Binge eating disorder
- Eating disorder not otherwise specified (EDNOS)
- Dual diagnosis (laxative abuse, alcohol and drug abuse, diuretic abuse, general psychiatric issues)

Admission criteria

The Priory Hospital Altrincham will consider the admission of any patient requiring:

- Assessment and/or treatment of a severe eating disorder that is too high risk, complex, severe or persistent to be managed safely within a community setting
- To be admitted either informally or formally under a Section of the Mental Health Act (1983)
- Treatment of existing mental diagnosis as long as the primary presentation of an eating disorder is of a nature which justifies inpatient care

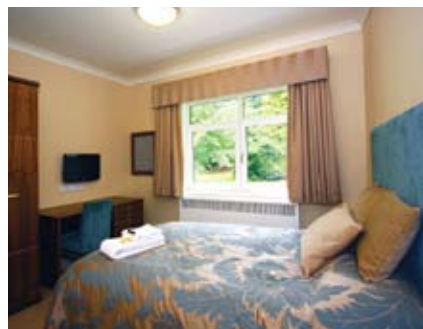
Facilities

- 10 bedded unit all with en-suite facilities
- Therapeutic kitchen
- Spacious lounge and dining area
- Separate female only lounge
- Group rooms
- Spacious therapy and treatment rooms
- Separate day care facilities

Multidisciplinary team

All our team are trained in managing the special needs of patients with eating disorders and include:

- Art therapist
- CBT therapist
- Clinical team leader
- Consultant psychiatrist
- Dietitian
- Family therapist
- Group therapists
- Key worker
- RMN's and healthcare assistants
- Specialist therapists
- Staff grade doctor
- 24 hour medical cover



Treatment programmes

There are three phases of the treatment programme – outpatient, inpatient and day patient. Each programme is modified to match the patient's presenting symptoms and treatment requirements. This flexibility allows the patient to enter the programme at any stage depending on the severity of their condition.

Phase 1: Outpatient

Assessment

All patient assessments are carried out by a consultant psychiatrist to identify the optimum treatment programme.

Phase 2: Inpatient

To save life:

- Through weight gain which may include nasogastric or peg feeding
- Correction of dangerous physical disturbances
- By treatment of any immediate suicidal or psychotic symptoms

Phase 3: Inpatient and day patient

Individual goals are achieved through:

- Meals planned by a dietitian
- Supported and structured meal times
- Structured group programme providing education and support by addressing underlying causes of eating disordered thinking including:
 - Binge eating
 - Body image
 - CBT
 - Dietetics
 - Relapse prevention
 - Self-esteem



Care programme approach and discharge planning

Care programme approach meetings are held regularly and aim to involve the patient, carers, referrers, commissioners and other relevant professionals in the reviewing and planning of assessment, treatment and discharge.

Day care programme

For those requiring therapeutic intervention without inpatient admission, we are able to offer groups running Monday to Saturday, including some evenings. This enables us to tailor the programme to the individual's specific needs.

Relatives' support group

The service believes strongly in providing support for relatives of those with an eating disorder. A free support group is held fortnightly and is open to anyone who has a relative suffering from an eating disorder irrespective of whether they are a patient of The Priory Hospital Altrincham.



Accessing our service

Step 1

Referral letter from the patient's GP, current consultant psychiatrist or the local NHS eating disorders team/CMHT

Step 2

Initial assessment with consultant psychiatrist (unless emergency admission is required)

Step 3

The patient, relatives/carers and the funding body will be advised of the recommended care package (inpatient, day patient or outpatient) and the associated costs

Funding must be confirmed prior to the initial assessment. This may be provided by the local NHS Primary Care Trust, the individual or any major private medical insurance company.

For referral enquiries, admissions or further information please call us on:

0161 904 0050

or send an email to altrincham@priorygroup.com

Alternatively you can visit our website at:
www.priorygroup.com/altrincham