

The Priory Highbank Eating Disorder Service Newsletter

Issue 3 Summer 2010



The Priory Highbank Eating Disorder Service is a specialist 10-bedded unit, registered to treat females from the age of 18 and over who have a primary diagnosis of anorexia nervosa, bulimia nervosa, binge eating disorder or EDNOS (eating disorder not otherwise specified).

We provide inpatient care as well as outpatient and daycare services.

The inpatient service aims to help restore weight through a refeeding programme whilst supporting the person to address their eating habits through an active therapy timetable.

The service is provided by a highly experienced multidisciplinary team of mental health professionals.

Welcome

Welcome to the third issue of our Eating Disorder Service newsletter. We wanted to keep you up to date with all our new developments and information regarding our specialist eating disorder service.

New Regulations Female 18 and over

As of the 1st April 2010 we have increased the admission age on our eating disorders unit to female only, 18 and over. This is in response to national guidance for the protection of young people receiving care, to ensure age appropriate environments for young people and to stop inappropriate admissions of young people to adult psychiatric wards.

To complement this change we have also re-organised our therapy team and programme so the service continues to meet NICE guidance and the needs of vulnerable adults.

Did you know?

Anorexia nervosa patients have one of the highest rates of mortality for any psychiatric condition at around 13-20%* per annum.

* Howett M, McClelland L and Crisp A H (1995)



Commissioners and Professionals Open Day Success

Back in May, the Priory Highbank Eating Disorder Service held an open day for commissioners and professionals. The aim of the day was to inform professionals about our specialist eating disorder service and how we meet the needs of the NHS and people suffering with an eating disorder.

Educational presentations were delivered by experts in the field covering new and innovative subjects such as a mini workshop on Motivational Interviewing. Due to the great success of the day and the high interest in the workshop, a full day workshop for GPs and health professionals on Motivational Interviewing will be held on Wednesday 6th October 2010. For further information or to reserve your place, please contact Kate Greenhalgh on: 01706 829 540 or email kategreenhalgh@priorygroup.com

Find out more

For referral enquiries, admissions or further information and confidential advice please call us on: 01706 829 540 or send an email to highbank@priorygroup.com. Alternatively you can visit our website at: www.priorygroup.com/highbank

Help for eating disorders

At the Priory Highbank Eating Disorder Service we offer a FREE Eating Disorders Relative Support Group.

Meetings are open to anyone who has a relative suffering from an eating disorder, irrespective of whether they are a current patient at the Priory Highbank Eating Disorder Service.

During 2010 the group will be held on the last Wednesday of each month 7.30pm to 8.45pm. Topics discussed include the following:

- What might recovery look like
- Managing eating disorder behaviour in home settings
- Impact of illness on family members
- How relatives can begin to look after their own needs
- Managing meal times
- Managing home leave
- Setting boundaries

For further information or to reserve a place please contact Leonora Fleming, Admissions Officer on 01706 829 540 or email highbank@priorygroup.com

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SERVICE

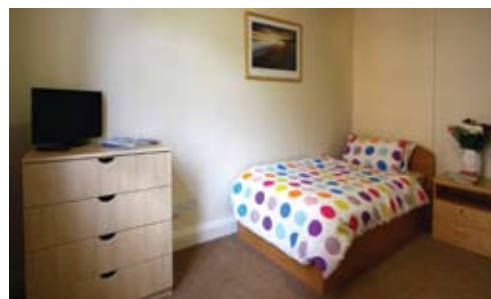
EDU and Refeeding Syndrome

Tina Pennock Bsc (Hons), Registered Dietitian

When clients are admitted onto the Eating Disorders Unit, care is needed to ensure that refeeding syndrome does not occur. Refeeding syndrome is a condition that can occur in severely malnourished people. During starvation the body breaks down its fat and protein stores for energy as there is no supply of glucose, the major energy source. When this happens the fluid, vitamin and mineral balances in the body are affected. If abnormalities are not corrected, and clients are fed incorrectly, problems such as cardiac, respiratory, neuromuscular, hepatic and gastro-intestinal can occur.

To prevent refeeding syndrome, clients have a graded calorie intake when they are admitted onto the unit. The daily intake starts off at 800kcal per day. This consists of small nutritionally balanced meals, snacks and ½ pint of milk. As blood results become stable the portion sizes are increased to 1250kcal, 2025kcal and 2500kcal. Once clients are having full size portions, weight gain or loss are then the indicators used to increase or reduce portion sizes to enable the required 0.7 to 1.0kg weight gain per week.

The slow staged method of feeding clients on the unit prevents refeeding syndrome occurring. Additionally, the steady weight gain is at levels that clients can cope with and adjust to gradually resulting in better compliance with eating on the unit.



How to refer

We accept referrals in writing from clinicians within the NHS, GPs and the private sector. Funding must be confirmed prior to the patient being admitted to the unit; this can be in the form of NHS, private medical insurance or self-funding. We accept emergency admissions which can take place on the day of enquiry subject to bed availability and funding.

For further information regarding the service, to book an informal tour or for further details on how to make a referral please do not hesitate to contact our Admissions Office on:

Tel: 01706 829 540

Fax: 01706 829 534

Email: highbank@priorygroup.com

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