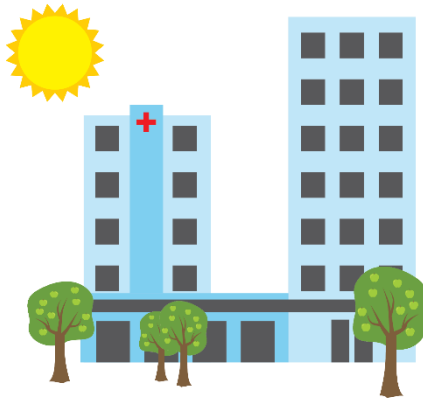


A Guide to Your Stay in the Hospital

For Children and Teens with Eating Disorders

Royal Columbian Hospital



Maternal Infant Child and Youth Program



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My notes and thoughts

My notes and thoughts

Why do I have to stay in the hospital?

While we usually treat people with an eating disorder as an outpatient, there are times when they need to stay in the hospital to keep them safe.

Your doctor wants you in the hospital so we can treat some dangerous side effects of your eating disorder. If these side effects are not treated, they could be mean the difference between life and death.

Examples of dangerous side effects:

- a very slow heart beat
- body salts and minerals are seriously out of balance
- heart rhythm not normal
- heart beat too fast or too slow
- dizzy or passing out
- very low blood pressure or drops in blood pressure with changes from laying down to standing

You need to stay in the hospital until the side effects are treated and you are safe to go home. This can take a long time. Some people improve quicker than others. Every person is different.

We let you know when we think it is safe for you to leave the hospital and go home.

Supporting you and getting you home is our goal!

What can I bring to the hospital?

Bring the following items:

- comfortable clothes or pyjamas
- underwear and warm socks
- shoes or slippers
- a favourite pillow or pillowcase
- a favourite blanket
- activities you enjoy such as a journal, books, music player and ear phones, sketchbook and pencils, colouring pages and pencil crayons, puzzles, arts and crafts, and board games

Some like to bring an eye mask if they sleep better in a dark room.

You might also want to bring your own:

- toothbrush and toothpaste
- shampoo and hair conditioner**
- deodorant**
- skin care products**

Note: **We are scent-free. This means we ask you to use scent-free products. Many people are sensitive or have allergies to scented products.

We can keep some of your belongings at the nursing station, or your Support Person could keep them for you.

What to leave at home

Please send home all of the following items:

- valuables such as jewellery and money
- nutritional supplements or medicines from home
- razors and other sharp objects

What can I expect when I come into the hospital?

Your nurse greets you when you arrive on our unit.

Your comfort is important to us. Help us get to know you better by filling in the “All About Me” sheet on page 15. When you are done, please give it to your nurse. Your nurse then reviews this with you and adds it to your care plan so we can all get to know you.

When you arrive, we do all of the following:

- Ask you to change into a hospital gown.
 You leave your underwear on.
- Check your blood pressure, pulse, and breathing.
- Assess your physical health from head to toe.
- Take a urine (pee) sample.
- Weigh you.
 Your doctor decides if you get to see your weight or not.
- Check your heart rhythm.
 To check your heart rhythm, we place little stickers called leads (say *leedz*) onto your chest. We connect them to a heart monitor. You need to continue to wear these leads while you are in bed.

We might need to check your belongings to make sure they are safe to keep in your room.

Who are the people involved in my care?



A team of healthcare providers care for you and your family while you are in the hospital. While our roles vary, our goals are the same.

Our goals are to provide safe care and to help you on your journey to recovery.

You and your family are important members of your care team. We work together to identify your health needs and make a plan of care that meets your needs.

Care team members can vary. Here we describe who they are and what they do.

- **Dietitian**

Registered Dietitians help you and your family work towards nutrition goals that are based on science. They work with you on meal planning for hospital and home, and teach you strategies for mealtime support. They monitor your health to make sure you are getting the nutrition you need.

- **Mental Health Care Worker or Care Aide**

Mental Health Care Workers or Care Aides can support you during and after meals, and be with you for support as needed.

- **Nurse**

Registered Nurses work directly with you and your plan for care. They are there to support you during and after meals. They check your overall health including your blood pressure, pulse, and temperature each day. They regularly check in with you throughout the day.

- **Patient Care Coordinator**

Patient Care Coordinators (or PCC) helps organize your care while in the hospital. They make sure everyone involved in your care, including you and your Support Person, are informed of the plan for your care. The PCC can help answer any questions you might have.

- **Pediatrician**

Pediatricians are medical doctors who are experts in the health and diseases of children and youth. They monitor and treat the dangerous side effects of your eating disorder.

- **Pharmacist**

Pharmacists work closely with others on your care team to make sure you are getting the right medicine for your health condition. They monitor how your medicines are working. They can explain the medicines and answer any of your questions.

- **Psychiatrist**

Psychiatrists are medical doctors who focus on a person's mental health. They might work with you on your eating disorder as well as other mental health issues such as anxiety or depression.

- **Social Worker**

Social Workers can talk with you about ways to manage your stress and cope with worries and anxiety. They can also connect you and your family with community supports for help after your hospital stay.

- **Support Person**

Your Support Person can be a parent, guardian, or caregiver. This person can stay with you to help support and guide you.

How does the care team protect my privacy?




You have a right to privacy. The law requires us to keep your personal and healthcare information private and confidential. This means we cannot share your information with anyone other than your Support Person.

The only time we might need to share information is if you tell us something that could affect your safety or the safety of other people. Should this happen, we always explain to you what we are sharing and who we are sharing it with.

What happens while I am in the hospital?

Here are some things to expect while you are in the hospital.

Daily health checks

- We use the heart monitor to watch your heart rate and rhythm as well as your breathing closely.
- 
- Two times a day:
 - We check your physical health from head to toe.
 - We check your blood pressure when lying down and again when standing.
 - We take a blood sample and urine sample every morning for the first few days then at least one time each week.
 - We check your weight a few times a week. Your doctor decides if you get to know how much you weigh.

Scheduled meal and snack times

- Your meal plan involves 3 meals and 3 snacks each day. You need a schedule to help in your recovery. We let you know your schedule. This table is an example of times.

Example Meal Schedule	
Breakfast	8:00 a.m.
Snack	10:00 a.m.
Lunch	12:00 p.m.
Snack	3:00 p.m.
Dinner	5:00 p.m.
Snack	8:00 p.m.

- Someone sits with you at each meal and snack to support you. This can be your Support Person or a member of your care team.
- With each meal, you have a specific amount of fluid to drink. This keeps you from becoming too full or uncomfortable with too much fluid in your stomach.
- For the first few days, we give you a flavoured drink called Pedialyte (say *pee-dee-ah-lite*) with your meals and snacks. This keeps your body hydrated. It can also help your heart rate if it is too slow.
- We ask you to complete your meals in 30 minutes and complete your snacks in 20 minutes. This is so you don't feel like you are eating all day.
- We ask you to finish your meals and snacks. This is part of treating the side effects of your eating disorder and helps you get home sooner.
- If you don't finish a meal or snack within the allotted time, we give you a meal replacement drink, such as Ensure®, to have instead of the remaining food.
- If you don't finish your food or the replacement drink a number of times in a row, we might need to give you nutrition another way.

We might put a tube through your nose and into your stomach so we can feed you that way. We call this a nasogastric (say *naz-oh-gas-trick*) feeding tube also called an NG tube. Before we put the tube in place, we talk with you and your Support Person. If you want to know more about this treatment, ask your care team.

Limited activity

- At the beginning of your stay, we put you on “bedrest”. This means you must stay in bed all the time unless you need to go to the toilet. We limit your activity to keep you safe and treat the dangerous side effects of your eating disorder.
- If you are very weak, we might help you to use a special toilet at the side of your bed instead of getting up to the toilet. We call it a commode (say *come-ode*).
- After meals and snacks, we limit your activity including using the bathroom or walking. We remind you to use the bathroom before meals and snacks.
- We let you know when it is safe for you to start doing more activity such as allowing you to go for short walks with your Support Person or your nurse.
- As your health improves, we might allow you to go on longer wheelchair outings on or off the nursing unit.
- There might be times during your stay when we limit your activities. We let you know when and why this is happening.



Can I use any of my devices?



Some people might find it stressful to manage the demands of their social life online while adjusting to being in the hospital. For these reasons, we might limit your use of electronic devices and access to the internet. Check with your nurse to see if you are allowed to use your cell phone, tablet, laptop, or other device.

We have DVD players and DVDs as well as some gaming systems. If you are interested in watching a DVD or playing a game, ask your nurse.

What about going to school?



Your physical and emotional health and well-being take priority over your schoolwork at this time. Right now, the focus is on your recovery and getting you home.

Your Support Person will let your school know that you will not be in class. You and your Support Person can decide whether to tell your school why you are in the hospital. If the school asks for a medical note, let us know. We can write a note for you.

As you recover, the Social Worker can talk with you and your school about next steps.

Who will know that I am in the hospital?

It is up to you and your Support Person to choose to tell family and friends about your eating disorder and your hospital stay.

If you do decide to tell people, not knowing what to say can be stressful. We can help guide you through the conversation. There is no one way to do this. We can help support you to explore options that work for you.

What can I do to help myself cope with all this?

We know you might feel stressed or anxious coming into the hospital. We know it might be hard having your activities and social connections limited.

It is common to have many different feelings. There are things you can do to help cope with these feelings. These are just a few examples of what you could do:

- journaling
- read books
- watch movies
- listen to music
- meditate
- do crossword puzzles
- do jigsaw puzzles
- play board games
- do breathing exercises
- practice grounding and mindfulness

If we allow you to use your cell phone, you might find these apps useful: Calm, Headspace, Mindshift, and Breathr.

To get more ideas or tell us what works for you, talk to your Social Worker.

What happens when I am well enough to go home?



Your journey to recovery continues with you as an outpatient. Your outpatient care team could include your family doctor, your pediatrician, a dietitian, and mental health professionals.

We also refer you to an eating disorder service - which one depends on your health and where you live.

Eating Disorder Service	Serves these communities	
North Fraser Eating Disorder Service	Burnaby New Westminster Pitt Meadows	Maple Ridge Tri-Cities
South Fraser Eating Disorder Service	Delta Surrey White Rock	Langley Aldergrove
Fraser East Eating Disorder Service	Abbotsford Mission Chilliwack	Agassiz Hope
BC Children's Hospital Eating Disorder Service	Metro Vancouver	

Examples of what an eating disorder service can offer:

- check and monitor nutrition
- check and monitor physical and mental health
- individual, family, and group therapy
- education
- caregiver support group

When you are well enough to go home, we talk with you and your Support Person about the plan for going home. We give you a copy of the plan to take with you when you go home.

All About Me

My preferred name _____ My pronouns _____

Who knows and is allowed to know my name and pronouns _____

Who knows or can be told I am in the hospital _____

I go to school Yes No Grade I am in or was last in _____

Name of the last school I attended _____

My preferred language(s) _____

My caregivers or guardians names _____

Names of other people living with me _____

My pet(s) _____

Important people in my life _____

Other support people or agencies involved in my life _____

Meal Support

My support people are _____

These words and phrases cause me stress _____

I like it when my caregivers are with me at meals Yes No

This is what helps me during a meal _____

This is what doesn't help me during a meal _____

My interests

When I am well, I like to do this _____

While I am in the hospital, I like to do this _____

I would be interested in doing these things while in the hospital

Drawing

Colouring

Playing card games

Playing video games

Watching TV shows

Watching movies

Watching online videos

Watching _____

Listening to _____

Doing arts and crafts

Doing puzzles

Other _____

These things trigger stress for me _____

When I feel stressed, I do this _____

To calm myself, I do this _____

I would like to learn more about these things

Mindfulness

Meditation

Self-soothing strategies

Guided breathing

Other _____

When I return home, I am looking forward to this _____

What else would you like us to know about you and how to look after you?

Give this to your nurse when you are done.

Community resources and services

The Looking Glass Foundation

lookingglassbc.com

- Hand in Hand Support program(16+ Years)
- Online Peer Support program (14+ Years)



Kelty Mental Health Resource Centre:

Eating Disorders keltyeatingdisorders.ca



“Change Creates Change” YouTube Channel

tinyurl.com/ChangeCreatesChange

Videos on nutrition and mental health topics



Jessie’s Legacy from Family Services

North Shore jessieslegacy.com



National Eating Disorder Information Centre

nedic.ca

- Helpline 1-866-NEDIC-20 (1-866-633-4220)
- Instant chat (weekends)
- Email nedic@uhn.ca



BC Children’s Hospital Library Services:

Eating Disorder cw-bc.libguides.com/ED

Books, ebooks, and DVDs you can borrow



Help us improve

How is your care experience today?

Let me share my thoughts

Please take our
Real Time Patient Experience Survey




Step 1. Using your smart device:

- Open the camera and hover over this Quick Response code, **or**
- Download a QR Code Reader app to your device then scan this code.

Scan this QR code, or visit tinyurl.com/RCHpedsSurvey

Step 2. Look for this message. Tap this webpage link to start the survey.

 Webpage
Tap here to go to

Step 3. Take the survey. It takes about 5 minutes. Please leave out any personal information.

If you prefer, you can ask us for a paper copy of the survey.

Any time you have an urgent question or concern about your current care, please speak with your care provider, the patient care coordinator, or the unit manager.



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