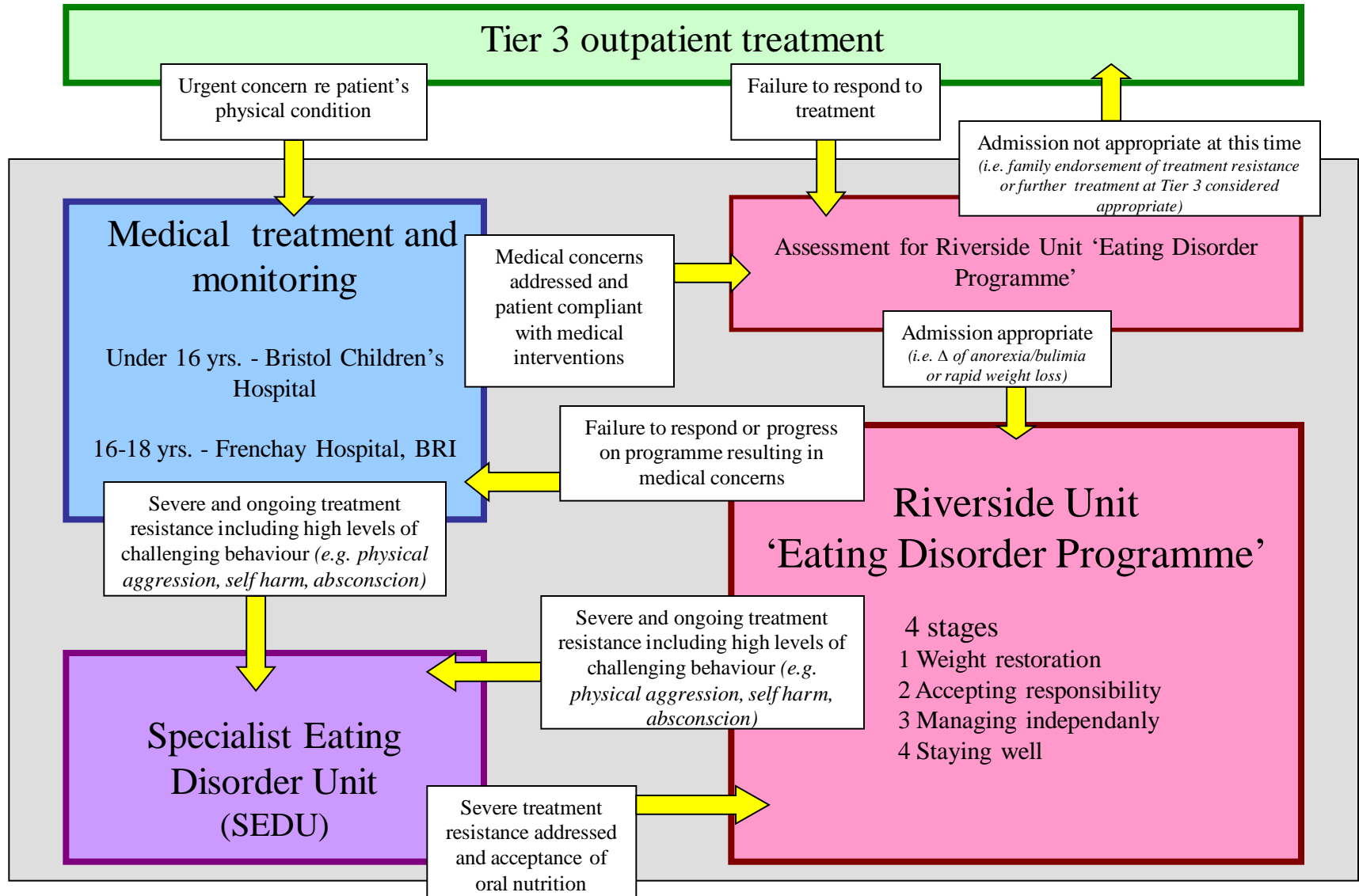


Tier 4 Eating Disorder Care Pathway



Riverside E D Programme



- From tier 3 CAMHS
 - Urgent
 - Rapid rate of weight loss
 - Extreme low weight
 - Other high risk (e.g. suicidality concerns)
 - Non-urgent
 - Gradual deterioration or chronicity despite tier 3 interventions

Riverside E D Programme

Referrals

- Co-morbidity common e.g.
 - OCD
 - Depression
 - Anxiety
 - ASD
 - Emerging BPD
- Families
 - Often in significant difficulty or crisis



Riverside E D Programme

Treatment

Family and social functioning as well as individual treatment in a developmental context.

- CBT
- Group/milieu therapy
- Systemic thinking/Family work
- Attachment Theory underpins the approach



Riverside E D Programme

Assessment process

- Initial engagement with young person and family
 - History and narrative
 - Physical
 - Initial formulation and choices
 - Riverside (ED programme and treatment milieu)
 - Consent issues
 - Risk Assessment



Riverside E D Programme

4 stages:

- weight restoration
- accepting responsibility
- managing independently
- staying well.



STAGE 1 (BMI less than 16)

Weight Restoration

- 7 day/week – residential
- Rest
- Nutrition
- Therapeutic support for eating
- Engagement
- Physical Monitoring
- Support for and engagement with family



STAGE 2 (BMI 16-18.5)

Accepting Responsibility

- Introduction of choice for meals
- Transition to eating with others on 'main table'
- Practice meals with family
- Increasing time at home
- Gradual transition to full 'day programme'
- Individual therapy
- Family therapy
- Careful monitoring of progress and nursing support as required



STAGE 3 (BMI 18.5+)

Managing Independantly

- Full choice for meals (must choose balanced meal)
- Eating with no additional support
- Attending from home
- School reintegration
- Individual therapy continues
- Family therapy continues
- Full Riverside therapeutic programme
- Transition to normal exercise regime



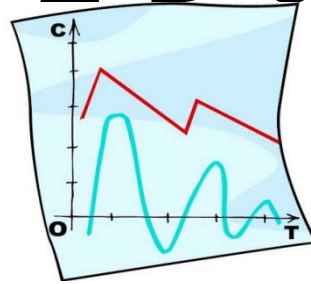
STAGE 4 (BMI 19-22)

Staying Well

- Maintain a healthy body weight for 2 - 4 weeks.
- At school at least part-time, part-time attendance at the day programme.
- Individual therapy, focus on staying well, ending at Riverside.
- Family therapy.
- Liaison and planning with Community Team for post discharge care.



Riverside E D client data



- Over 2 years 32 patients with anorexia nervosa used this service
- 16 patients had at least one co-morbid psychiatric diagnosis
- 11 patients had more than 1 admission
- 3 were sent on to specialist E D Unit (Huntercombe)
- Median length of stay was 4-6 months.
- Family pathology severe in 17 cases (eg sexual abuse, drug and alcohol use and/or psychiatric disorder in parent)
- Outcomes: 20 had BMI in healthy range at discharge (19-22)