



Sydney Children's Hospital Network Westmead Campus: Access to Tertiary Service Beds

The Sydney Children's Hospital Network (SCHN) provides comprehensive tertiary level care for child and adolescents with eating disorders and their families. The service is multidisciplinary, including Psychiatrists, Paediatricians, Social Work and Clinical Psychologists, Dieticians and Clinical Nurse Consultants. A range of interventions are provided as listed below.

Key Personnel

- Dr Sloane Madden – Medical Head
- Mr Andrew Wallis – Non-Medical Head

Key Contact Person for intake and enquiries

- Jo Titterton, Clinical Nurse Consultant, Eating Disorder Network Coordinator: Sydney Children's Hospital Network (SCHN).
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Service referral and admission criteria for young people with an eating disorder

- Less than 16 years on first presentation to SCHN
- Children and adolescents that have a diagnosis of AN/eating disorder that is associated with any of the following:
 - **Medical instability**
 - Heart rate <50 b/min
 - BP <80/40
 - Temperature <35.5 C
 - Electrolyte imbalance (e.g. K+ <3.5mmol)
 - **Comorbid medical problems** complicating the management of the eating disorder.
 - **Comorbid psychiatric problems** which complicate outpatient treatment of the eating disorder, but which do not preclude admission to a specialist paediatric ward and participation in a multi-disciplinary eating disorder program.
- **Referrals from outside SCHN** will be assessed at the time of referral with the following options:
 - Phone support
 - Video link with treating team
 - Video link for patient assessment
 - New assessment in the outpatient setting
 - Transfer of patient to an inpatient bed
- It is expected that patients will return to their local treating team on discharge

Services provided and capacity

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| <i>Inpatient Program</i> | <ul style="list-style-type: none"> • State wide service with 8 allocated inpatient beds • Inpatient Program includes – medical and psychosocial assessment and management, supervised meals, school and group program • Medically unstable patients or patients who are unable to guarantee their safety are required to attend their local hospital for initial assessment and treatment |
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| | <ul style="list-style-type: none"> Intensive Family admissions of 2 weeks are offered on a needs basis (but are generally limited to twice per school term) |
| <i>Intensive Family & Adolescent Eating Disorder Day Program</i> | <ul style="list-style-type: none"> State wide service 8 beds for patients 12-18 years of age Operates as a step up or step down care Length of program varies from 4 – 12 weeks based on need Criteria for admission <ul style="list-style-type: none"> Medically stable Not dependent upon nasogastric tube feeding Family agree to involvement in all required activities including parent and multifamily groups, weekly family therapy Young person is enrolled in an education facility At least one of the following: <ul style="list-style-type: none"> Complexity of illness <ul style="list-style-type: none"> Unwell for > 12 months Co-morbid difficulties not responding adequately to medication or other intervention Lack of treatment progress <ul style="list-style-type: none"> Poor progress in outpatient care after 3 months Length of inpatient stay > 4-6 weeks |
| <i>Outpatient Program</i> | <ul style="list-style-type: none"> New patient multidisciplinary assessment clinic each week of school term Medical and psychiatry reviews Family Based Therapy (priority to patients who have had an inpatient admission) Multiple Family Therapy Program with 4 day workshop 6 times a year (priority to patients admitted to day program) Nourish Parent Group each school term |
| <i>Training & support</i> | <ul style="list-style-type: none"> Regular training program each year specialising in Family Based Therapies CAPTOS to rural clinicians with an eating disorder interest group monthly |

Service policies and procedures for young people with an eating disorder available -

- Refeeding protocol
- Quick assessment form for G.P's
- Self-harm protocol
- Meal plans
- Inpatient physiotherapy booklet
- Inpatient booklet on the eating disorder program
- Service Overview document – describes the service and all associated forms and handouts

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