

Binge Eating Disorder Program

Ward Expectations and Guidelines

If you are unsure of any rules or guidelines, please talk to staff who will advise on this. There may seem to be a large amount of rules – however these rules are to ensure the program is followed so it can be of maximum benefit for you. Any non-compliance with guidelines will result in a discussion with the Nurse Unit Manager and your treating psychiatrist. Non-compliance may also jeopardize your place in the program.

Group information

- Group attendance is compulsory; please be ready for groups five minutes prior to the group starting
- Due to timetables and requirements of the program, retirement to bed is at 8.30pm
- No blankets are to be removed from bedrooms or lounge rooms, or worn as clothing
- No laptops are to be brought into groups
- Medication will not be given out during group times
- Family therapy and consultations with doctors are not to be carried out in group time.

Meals and snacks

- In the first week of the program you will meet with a dietitian to discuss and develop a meal plan
- As part of the program you will be asked to use a mobile app called Rise Up and Recover to practice self-monitoring of eating behaviours and associated thoughts and feelings. The app will be used collaboratively with the program dietitian and psychologist to help you better understand your eating patterns and identify factors that may be contributing to binge eating.
- Over the course of the program you will be responsible for your own meals and snacks. This includes going down to the dining room for your main meals and snacks or planning meals/snacks off-site if you have taken leave. Snacks can be requested from staff on the unit or in the kitchen.
- Continuing to be responsible and managing your own meals helps you to gain confidence in managing your relationship with food and learning to manage any challenges that may occur across the course of the program. This is a separate program from the general Eating Disorders Program where meals are supervised. Any requests for meal supervision are to be raised in ward rounds and decisions will be made based on what is best for each individual therapeutically.
- You are able to bring in your own snacks. However, prior to bringing these in they should be approved by the dietitians and will be stored in a cupboard on the unit where you will be able to request your snacks from staff.
- No chewing gum, sweetener or diet food on the unit.

Medication

- All medication should be taken at the medication window in view of staff. You may be asked to ensure you have taken your medication.
- No regular or PRN medication is to be given during meals, groups or at handover times
- Night medication will not be given out between the hours of 10.00pm and 11.00pm.



Clothing information

- Please ensure you are wearing appropriate clothing and footwear – no bare feet as this is a health and safety issue. If clothing is seen to be inappropriate you will be asked to get changed
- No nightwear is to be worn during the day. Please be fully clothed and ready for the day prior to breakfast and group.

Use of your phone and social media

- There is a Healthscope social media policy in which no photography is allowed in the hospital. This is due to the privacy laws and confidentiality of yourself, others and the hospital. Breaching these rules may result in your place in the program being jeopardized. This is taken seriously by the clinic – this includes swapping numbers as well as using social media to discuss your treatment at the clinic.

Safety information

- A bag search is completed on admission to the unit for items of risk
- Phones are charged during the day and laptops are charged overnight or in the afternoon
- No patient is to leave the unit after 8.00pm and before 7.30am (after the nurse has visually seen you)
- No accessing each other's rooms or bathrooms
- Showers should be taken between 7.30am and 9.00pm
- Do not walk around with drinks in corridors or courtyards
- No hot drinks after 9.30pm
- No razors are to be brought into the clinic. Any razors brought in will be discarded in the sharps bin. Please bring wax strips if you would like to remove hair.
- If scissors are handed out by nursing staff they are not to be left unattended. Scissors are to be handed back to nursing staff once you have finished using them. If they are left unattended they will not be handed out for the remainder of the day.
- No massaging each other, no hugging and consoling each other, please seek staff assistance and support will be provided
- Under no circumstance are any items to be placed/stuck on walls in bedrooms. For example posters, paintings, photos, art work etc. If any items are stuck to bedroom walls they will be removed. If any damage occurs to bedroom walls it will be your responsibility to pay for damages.
- Chargers will be checked on admission, if cords are longer than 30cm they will need to be handed into staff
- Hairdryers need to be handed to staff and will be kept in the belongings cupboard
- The belongings cupboard is open for a specific duration each day. Please check with staff on the unit when it will be open.
- Staff complete observational checks throughout the day and also every hour during the night.

Leave

- Leave is to be discussed and agreed upon with your psychiatrist
- Special leave needs to be agreed to by your psychiatrist
- It is important to return from leave on time to your unit, if you are running late please phone the unit
- On return to the unit you must go to the nurse station – do not go to your bedrooms first
- There is no leave after 8.00pm unless it has been agreed to by the hospital General Manager in advance – see special leave
- No drinking alcohol or taking illicit substances whilst on leave
- Random Urine Drug Screening (UDS) and Blood Alcohol Levels (BAL) may be issued and bags searched upon return from leave
- Unused day leave medications not taken are to be returned to nursing staff upon return from leave.