

Binge Eating Disorder Inpatient Program Ward Expectations and Guidelines

If you are unsure of any rule 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 to go for groups five minutes prior to the group starting
- Due to timetables and requirements of the program retirement to bed is at 22:30 hours
- No blankets are to be removed from bedrooms or lounge rooms and 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
- You will be asked to log your meals and snacks on a Food App (Rise up and Recover) that also includes noting your environment and how you are feeling
- 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 EDP 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. Sleeping medications are to be given by night staff unless you are intending to retire within 20 minutes of taking them
- No regular or PRN medication is to be given during meals or groups and at handover times
- Night medication will not be given out between the hours of 21:00 hours and 22:00 hours.



Clothing information

- Please ensure you are wearing appropriate clothing and footwear – no bare feet on the couches 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 social media policy for Healthscope 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
- Phones are charged during the day and laptops are charged overnight or in the afternoon
- No patient is to leave the unit after 20:00 hours and before 07:30 hours (after the nurse has visually seen you)
- No accessing each other's rooms or each other's bathrooms
- Showers should be taken between 07.30 hours and 21.00 hours
- Do not walk around with drinks in corridors or courtyards
- No hot drinks after 21:30 hours
- 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. They 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 there 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
- Charges need to be checked on admission. If cords are more than 15cm long they need to be handed into staff
- Hair straighteners and hairdryers also need to be handed into staff and will kept in the belongings cupboard
- The belonging 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 by your psychiatrist
- It is important to return from leave on time to your unit. If you are running late you must phone the unit
- On return you must go to the nurse station – Do not go to your bedrooms first
- There is no leave after 20:00 hours unless it has been agreed by the hospital manager in advance – see special leave
- No drinking or taking illicit substances whilst on leave
- Random UDS and BAL may be issued and bags searched
- Non used D/L medications to be returned to nursing staff on return.