

## Frequently Asked Questions

**Q:** *How long will I undergo treatment as a patient of the Eating Disorders Program?*

**A:** Every individual has a different journey to recovery and therefore treatment times vary. Length of treatment is often determined by the severity of the illness and readiness to work towards recovery.

**Q:** *What results can I expect from an inpatient stay?*

**A:** Treatment goals include establishing medical stability by supporting you in restoring regular eating habits and, when necessary, weight restoration. Psychological treatment is another component. You and your family will gain increased insight into the eating disorder, equipping you for the next step towards recovery.

**Q:** *What will I be eating while I attend the Eating Disorders Program?*

**A:** Part of the assessment process involves meeting with the dietitian. The aim is to support you in normalising eating patterns. This is achieved by tailoring a meal plan to your individual needs and incorporating a wide variety of foods.

## Treatment Options and Referral Pathway

All referrals need to be made by either a:

- \* Treating General Practitioner
- \* Treating Psychiatrist
- \* Area Mental Health Service

Residents of **Western Metropolitan Melbourne and Western Victoria** may be referred to treatment via the Outpatient Clinic, Day Patient Program or become an Inpatient of the service.

An **experienced, multidisciplinary team** assesses each referral. The team works collaboratively with the patient to create an individualised treatment plan. This includes liaison with other professionals treating the patient to establish which option would be the most suitable starting point to achieve recovery goals, within the least restrictive environment.

**For referral information please contact:**

**Phone:** (03) 9342 4033

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Grattan Street, Parkville, 3052



## Introduction to the

# Eating Disorders Program

NorthWestern Mental Health  
Royal Melbourne Hospital

The eating disorders services at The Royal Melbourne Hospital provides treatment for adults suffering from Anorexia Nervosa, Bulimia Nervosa, and other eating disorders.





# Treatment Options:

## A Journey Towards Recovery...

### The Outpatient Clinic

Depending on an individual's physical and psychological wellbeing, they may be referred to the outpatient service of the program. The outpatient clinic works collaboratively with the individual, their private therapist and GP to assist in the ongoing journey towards recovery.

After meeting with one of our eating disorders specialists for an assessment the treating team including psychiatrists, the registrar and dietitian, will provide feedback and recommendations to the individual and their medical practitioner.

### The Day Patient Program (DPP)

The 10 week DPP is beneficial for those requiring more support and treatment than can be obtained through outpatient or community care. The DPP can be useful as a transition between an inpatient stay and home.

A wide ranging timetable of therapeutic groups provides opportunities to practice confronting unhelpful behavioural patterns and beliefs.

We aim to facilitate patients on their journey to normalise eating and regain freedom around food and nutrition.

- \* The DPP runs Monday to Friday during school hours over a 10 week period.

### The Inpatient Program

We have an 8 bed inpatient unit. Each day is different, running according to the day's program comprised of various therapeutic activities. Restoring medical stability and gaining insight into the complexities of the illness are among the goals of a stay on the inpatient unit.

#### **Inpatient treatment may be recommended for someone if:**

- \* They are experiencing severe eating disorder behaviours.
- \* They are medically unstable.
- \* They need more intensive support than can be provided in the Day Patient Program or Outpatient Clinic.

*"When contemplating whether or not to access support I had mixed feelings. On the one hand I was fearful about how difficult it was going to be and if I could handle the challenges treatment might bring. On the other hand I was desperate to get my life back as the eating disorder had stolen my freedom. Looking back after several years in recovery I can confidently say all the hard work and staying engaged in treatment, (even when I wanted to give it up) was totally worth it. It's been a hard journey at times but nowhere near as difficult and painful as living everyday with an eating disorder."*  
-Consumer Consultant