

Nutritional Deficiency Clinical Pathway for Medical Stabilization



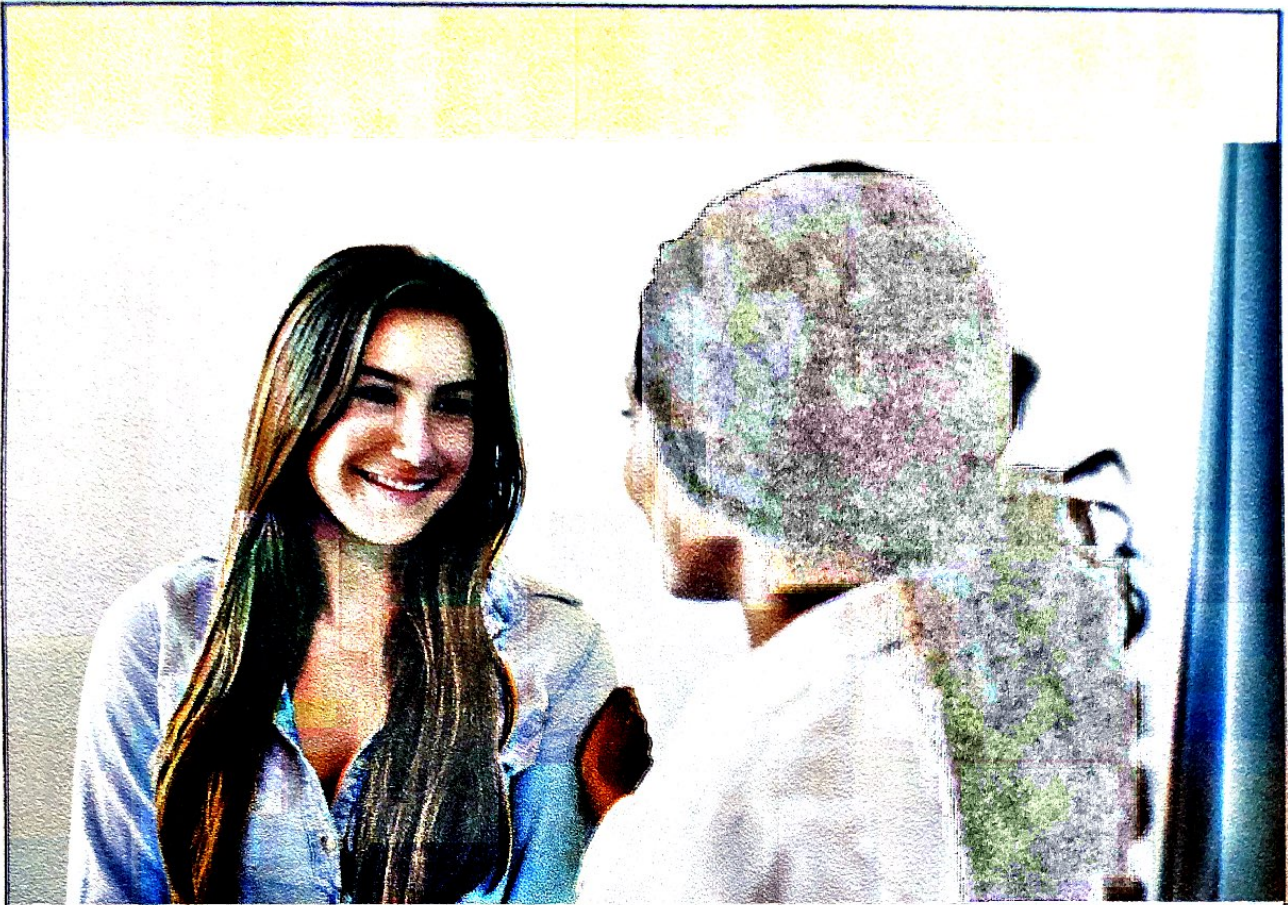
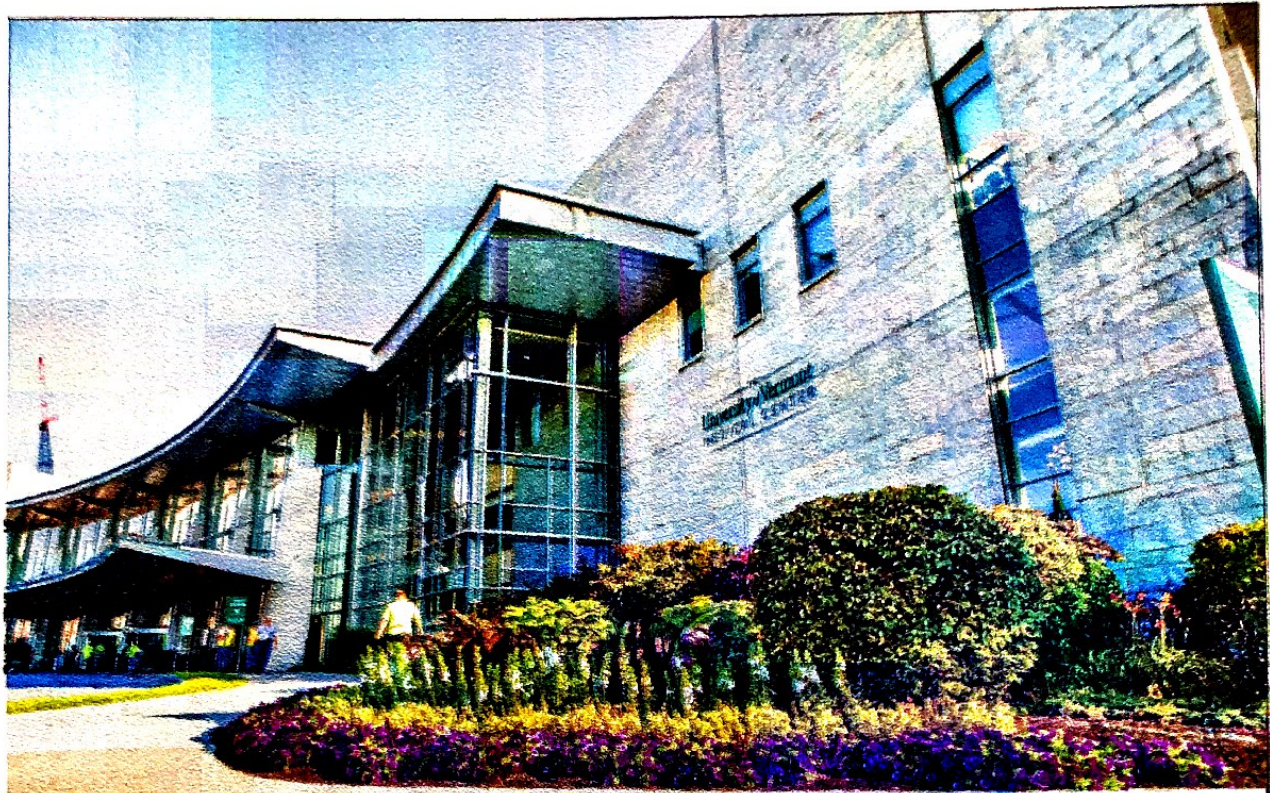


TABLE OF CONTENTS

Goals for your Hospital Treatment.....	5
Your Care Team	6,7
What to Expect at UVM Children’s Hospital	8,9
Ensuring your Safety in the first 24hours of Admission.....	10
Beginning to Help your Body Recover	11,12
More Opportunities.....	12
Care Conferences	13
Creating a Supportive and Healing Environment.....	14



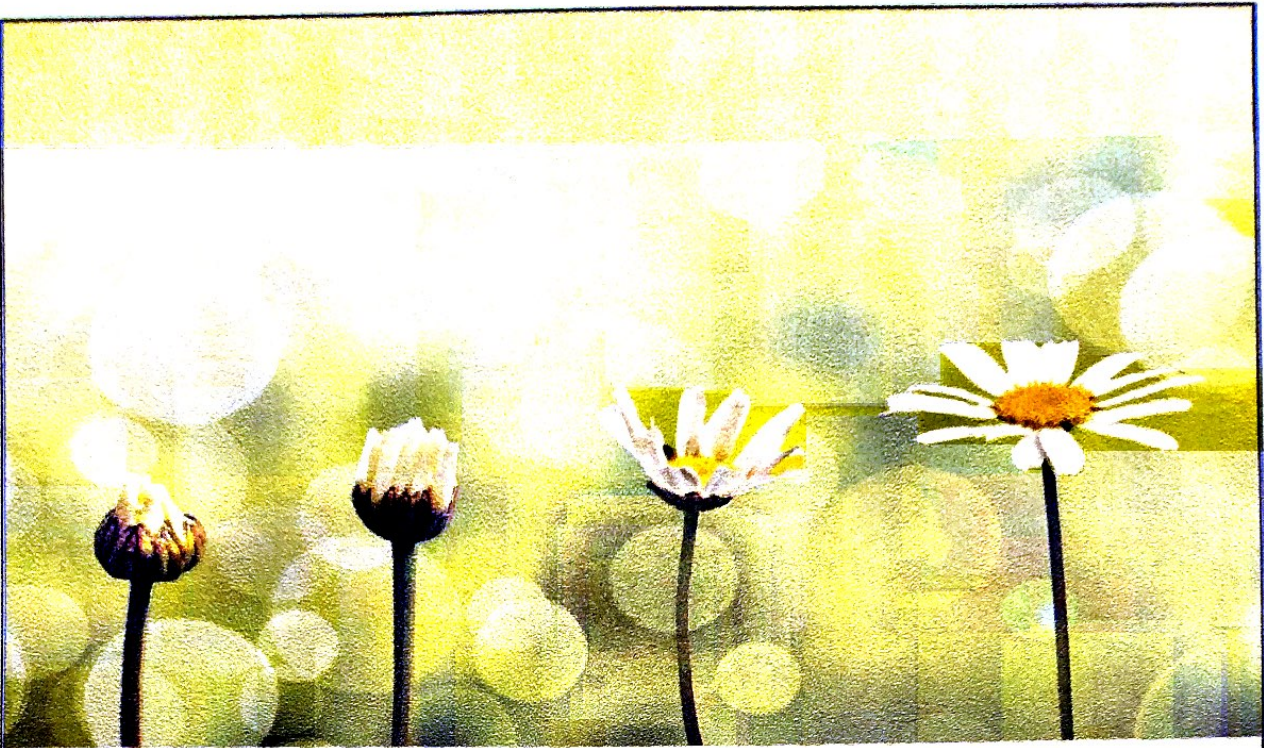
You are in the hospital to help your body begin to recover from lack of adequate nutrition. We hope to work with you to develop trust and encourage open communication during your stay. As questions and concerns come up, we suggest you write them down on the "Notes" pages at the back of this booklet. Asking any questions and raising any concerns you may have with your treatment team will help to ensure that your needs will be fully addressed. You and your family are central to the team and your active involvement will be key as we get to know you and work together. We recognize that restoring health can sometimes be difficult and are here to help.

We are a general children's hospital, with no eating disorder specific unit. The goal of your stay will be for acute medical stabilization. We will also assist you with the next steps for treatment of your eating disorder.

NOTES

The heart and science of medicine.

THE University of Vermont Children's Hospital



Goals for your Hospital Treatment:

- ◆ To keep you safe.
- ◆ To start to give your body more nourishment in a slow and steady manner.
- ◆ To begin to correct serious physical problems including imbalances in your body's vitamins and minerals and problems with how your heart is functioning.
- ◆ To help your body begin to eliminate waste more normally and regularly.
- ◆ To start to inform you about the nutrition your body needs.
- ◆ To begin to figure out the support you and your family need to help your body develop physically and emotionally.
- ◆ To make plans for next steps in your treatment after medical stabilization.

We have put a structure in place to accomplish these goals while you are in the hospital. The structure is very detailed. We have designed your care plan to help your body heal. We understand it may feel restrictive, and our staff is here to support you through the process.

Your Care Team

You are the central person of your team. As your body becomes healthier and more stable, you will have a say in decisions as possible.

Key caregivers are important adults in your life who are helpful for your recovery. Together as a team, we will identify those adults who can be most helpful to you at bedside and whether there are additional adults who should be involved in care conferences.

Licensed Nursing Assistants (LNA) provide basic nursing care. They will help you with bathing, dressing, getting nutrition in, moving around, and toileting as needed. In addition, **LNAs** will take your vital signs, collect specimens, and observe and report information to the team.

Registered nurses (RN) serve a primary role in treating and caring for patients. In addition to providing hands-on care, their roles include educating you and your family about a variety of medical concerns and providing emotional support and advice to you and your family.

Patient observers are people trained to provide constant observation for patient safety. On their badges, you may see one of several titles: **Mental Health Techs (MHT), Clinical Patient Safety Assistants (CPSA), or LNA.**

Hospitalist providers are attending pediatricians, residents, and doctors-in-training who provide care to children and adolescents in the hospital. They make up your primary medical team and are responsible for your care in the hospital.

Adolescent medicine specialists are physician experts in the care and treatment of children and adolescents. They will work with your team to create a treatment plan to restore your physical and nutritional health and ensure your safety.

Mental health specialists are experts in the care and treatment of psychiatric conditions. You may see a **psychiatrist** (physician) and a **pediatric psychologists** (doctoral-level provider with a child/adolescent specialty) or psychologist-in-training. They will work with you, your family, and your team to help meet individual needs; help your support system provide the best possible help to you; talk about concerns; and teach and help you manage and express yourself about challenges during your stay in the hospital.

Registered dietitians have a degree in nutrition. Along with diet technicians, they will work with you to help plan your meals and snacks and may provide education about your nutritional needs.

Child life specialists are experts in understanding how kids grow, learn, and behave in the hospital. They will use play or distraction to help you get ready for and deal with procedures, use different and fun activities to help ease your fears and worries, and provide emotional support to you and your family.

Case managers/social workers are experts in helping determine and arrange for the best available resources for you. They will teach you about hospital and community resources, work with you and your team to help meet family needs in planning your care, and share resources with you to use after you leave our hospital.





What to Expect at the University of Vermont Children's Hospital

Your nurse will ask you to change into a hospital gown.

You can have 1 bag or suitcase of personal things in your room while you are at the hospital to make your room more comfortable. After you unpack, your **admitting nurse** will

make sure that your family members take home any items that are not allowed so they do not get lost.

To help you focus on your health, personal computers, tablets, and cell phones will not be allowed during your stay. You may have access to hospital provided devices over time. In addition, you will be welcome to:

- ◆ Use the hospital phone (30 minutes) up to three times per day.
- ◆ Watch the in-room TV during down time (not meal times) so long as no food-related content is chosen.
- ◆ Engage in child life activities for distraction and help with coping. Additional access to child-life devices (such as a boom box for music) may also be provided if they are felt to be helpful and not harmful.
- ◆ Have two trusted adults at your bedside throughout the day except at meals and during meetings with the psychiatrist, psychologist, or physicians when requested.
- ◆ Have one adult parent or guardian at the bedside overnight.

Every day, your **hospitalist providers** will ask about your health, check your body's progress, and work with other team members to make sure you have the best and safest care.

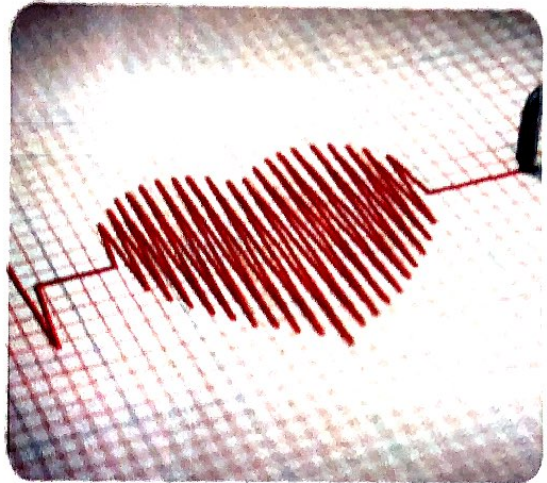
- ◆ A member of your **nursing team** will check your blood pressure and pulse each morning while you are lying down and standing to learn about your heart's health and what kind of activity your heart can allow.
- ◆ To see how your body is responding to treatment to medically stabilize you, we will check your vitals including weight. You will wear your underpants and two gowns and your back will face the scale while we weigh you. We understand that you may be interested in knowing your daily weights. We will not discuss pounds or kilograms with you or your family, as we will want to help you focus on nutrition and your overall well-being.
- ◆ You may have blood drawn and urine collected while you are in the hospital.
- ◆ A **patient observer** will be with you at all times they are there to ensure your safety and well-being.



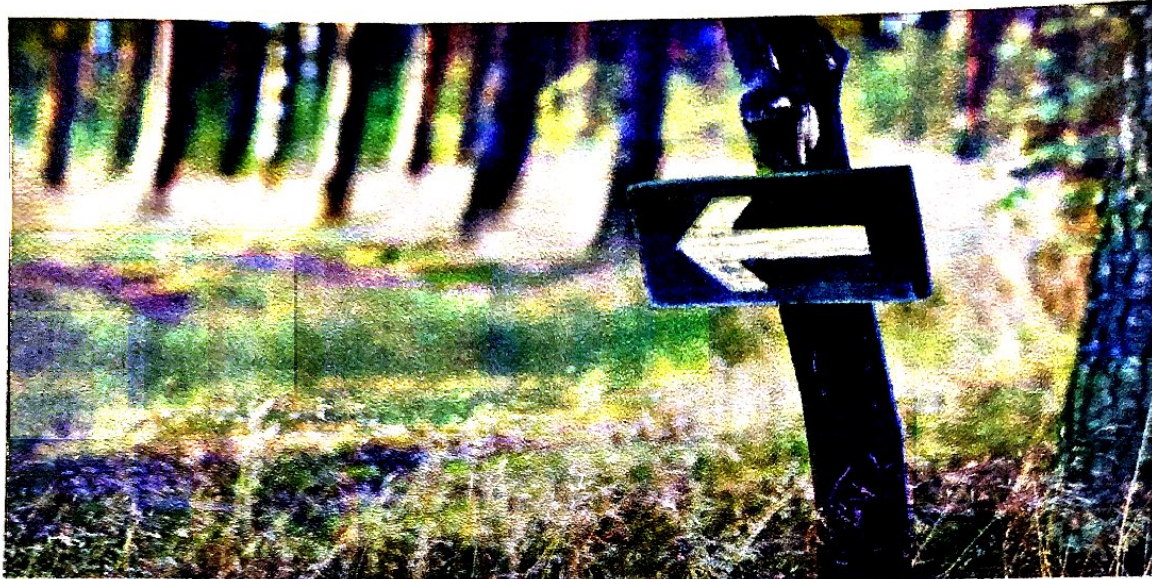
More Opportunities

As we get to know you better and you engage with your care, we will offer you opportunities for specific, additional activities to help pass your time. We will discuss details about these at the first care conference.

Ensuring your Safety in the First 24 hours of Admission



- ◆ You will need to stay in bed while we check your body and help it become stable.
- ◆ If you leave your room or the floor for medical care, you must be in a wheelchair or on a stretcher.
- ◆ You will wear a monitor so we can evaluate your breathing, heart rate, and rhythm constantly. Every four hours we will check your vital signs (blood pressure, pulse, temperature, etc.).
- ◆ You will use a special chair by the side of your bed to go to the bathroom. We will try to respect your privacy, but someone will stay in the room until you are finished.
- ◆ Your doctors and nurses will do an exam and draw some blood to see whether your body will need to get fluid through an IV to help stabilize your condition.
- ◆ You may not use the toilet for 1 hour after each meal and thirty minutes after each snack. This will help your body digest and rest.
- ◆ When your body tells us it is safe, you may start taking short walks around the floor. Physical activity is important and healthy as long as your body has the fuel it needs. If your body lets us know it is not safe for you to take walks, you may need to wear special wraps on your legs to keep you from getting blood clots.



Beginning to Help your Body Recover

- ◆ The hospital kitchen will make three meals and two snacks for you each day. This is because food will be your most important medicine while you are with us. Your dietary team will plan your meals with your help.
 - ◇ There will be no food allowed in the room except at meal and snack times.
 - ◇ Your body needs you to eat 100% of your meals and snacks. You will have thirty minutes (30) to finish your meals and fifteen minutes (15) to finish your snacks.
 - ◇ If you are not able to finish 100% of your meal in that time, we will give you a drink to replace the food you did not eat. You will have fifteen minutes (15) to finish the drink.
 - ◇ If you are not able to finish your meal or snack or the drink replacement,
 - ◇ we will put a small tube through your nose into your stomach and give the drink through the tube so that your body gets all the nutrition that it needs.
 - ◇ If we need to put a tube in, it will stay in place until you can eat or drink 100% of your meals and snacks for 24 hours.

NOTES

The heart and science of medicine.



Care Conferences

An initial care conference of your team will occur 2-3 days into your stay to discuss details of a plan to restore your physical and nutritional health and how we can work together to achieve success. We encourage you and your **key caregivers** to participate in this meeting to ensure we are all working together toward the same goals. At this meeting, we will answer questions about and clarify how safety measures change and how you achieve opportunities. Together we will make decisions about appropriate contact with people outside your **key caregivers**. We will also discuss initial plans regarding transition to your next phase of care.

If you need to stay in the hospital for longer than a week, additional care conferences will occur on a weekly basis to review progress, ensure coordination of care, and make any necessary changes to plans for your next phase of care.

Creating a Supportive and Healing Environment



Sometimes emotions run high when patients and families are in the hospital. Your treatment team will treat you in a respectful and professional manner. We will expect the same from you and your caregivers. We will ask you to work with us to:

- ◆ **Identify appropriate ways for you to express hard feelings,** such as **keeping voices quiet enough** so that other patients and families are not frightened, upset or otherwise disturbed.
- ◆ **Use kind language** toward people trying to help you and your family.
- ◆ **Keep your body safe** so that no one is injured.

We encourage you to talk with your psychology/psychiatry providers about expressing and managing strong feelings.

We trust that everyone will do their best to help your body and your brain recover, especially you. If you feel like you are having a hard time with someone on your team, please try to **talk with that person directly** or **ask for help** in having a conversation. Our overall aim is to help you feel increasingly strong and healthy.