

3:15:5 Dietetic Planning

The dietitian should be contacted as soon as the ward is aware that a patient with an ED is to be admitted. The preparation of a menu plan for ED patients is very complex and time consuming and so the dietitian will need as much notice as possible. The dietitian will require an accurate height and weight of the patient to prepare their individualised menu plan.

When the prescribed menu plan is prepared by the dietitian it must be followed as written, and not adapted in any way. The patient may try to negotiate the plan, claiming not to like certain foods but promise to eat others. If the patient does not wish to eat what is given, then a supplement should be given, the amount will be on the menu plan. No substitutes of food should ever be offered.

During the re-feeding period the aim is to stabilise weight and medical condition and to prevent further weight loss, as well as building the patients tolerance to increasing calorie intake that will eventually promote weight restoration (MARSIPAN, 2014).

Most patients will initially reduce weight whilst re-feeding. This is usually due to the fact that the patient may have been drinking excessive volume of fluid prior to admission. Drinks high in caffeine are common e.g. Pepsi Max, as they help stave off hunger and the caffeine can help keep the patient going.

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