



## Meal Support for People with Eating Disorders

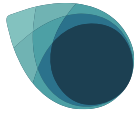
### How do we do it?

#### What is the task?

Assisting the unwell person to complete their meals while tolerating the distress that eating causes

Clinician Stance:      Prepared      Consistent      Calm      Assertive      Kind

Do	Don't
<b>Preparation &amp; planning:</b> <ul style="list-style-type: none"><li>• Understand the treatment goals and tasks (e.g., weight restoration; normal/regular eating; minimising binge eating; minimising purging behaviour; containing physical activity)</li><li>• Prepare the dining environment ('pro-normal eating')</li><li>• Keep clients informed (meal plan, mealtime schedule &amp; guidelines; what is expected of them and staff)</li><li>• Check meal matches meal plan requirements</li><li>• What to do if the client is having trouble starting or completing the meal</li><li>• Find out what the client finds helpful and supportive</li></ul>	<ul style="list-style-type: none"><li>• Address any concerns you may have about the treatment plan with the client. Take this up in team discussions</li><li>• Be inconsistent as a clinician or a team</li><li>• Assign this task to casual or inexperienced staff without preparation and support</li></ul>
<b>Coach:</b> <ul style="list-style-type: none"><li>• Encourage person to eat – break the task into small steps, eg: "You need to make a start"</li><li>• Remind them of the next step eg: "just pick up the sandwich"</li><li>• Stay calm outwardly, keep your voice at a normal level</li><li>• Provide praise for efforts</li></ul>	<ul style="list-style-type: none"><li>• Behave in an angry or critical way;</li><li>• Nag</li><li>• Humiliate or ridicule clients</li></ul>
<b>Distract:</b>	<ul style="list-style-type: none"><li>• Engage in debate about food, calories, dieting, the content of the meal</li></ul>



<p>Eg: Chat about other things; get to know the person and their interests, have a joke together; read out loud; use puzzles</p>	
<p><b>Compassionate Reflection:</b></p> <ul style="list-style-type: none"><li>• Show the person that you know this is hard for them and you are listening to them</li><li>• Acknowledge their feelings and the challenge of their task Eg: "I can see this is really hard for you"</li></ul>	<ul style="list-style-type: none"><li>• Talk about why's – eg: why the anorexia, why the treatment, why this is hard, why this food</li><li>• Talk that makes the ED seem impossible to understand or stupid</li></ul>
<p><b>Remind person of the bigger picture:</b></p> <p>Eg: They need to eat; We all do. Food is their medicine and they need to eat to get out of hospital &amp; into life</p> <ul style="list-style-type: none"><li>• Ask what they look forward to outside hospital</li></ul>	<ul style="list-style-type: none"><li>• Over focus on the details of food &amp; weight; physical experience of eating</li></ul>
<p><b>Remind yourself about Externalising the Eating Disorder</b></p> <p>eg: the person is not the problem; their eating disorder is the problem.</p> <ul style="list-style-type: none"><li>• speak to the person who, on some level, wants to recover</li></ul>	<ul style="list-style-type: none"><li>• Forget a client doesn't choose to have an ED</li></ul>