

ADMISSION CRITERIA

- A diagnosis of Anorexia Nervosa (AN), Bulimia Nervosa (BN), or Other Specified Feeding or Eating Disorder (OSFED).
- Agreement to participate in the meal support program.
- A willingness to abstain from Eating Disorder symptoms (i.e., behaviors such as restricting and purging).

REFERRAL PROCESS

- Referral to the EDIP can be made by any healthcare professional. Additional information from a physician or nurse practitioner is also required.
- Referrals will be triaged to the most appropriate service within the Eating Disorder Continuum of Care.
- An intake assessment will be conducted and, if appropriate, the individual will be put on a wait list.
- Before admission, individuals will attend a preadmission appointment.
- The referral form can be found on Eastern Health's website under *Eating Disorders Services* at <http://www.easternhealth.ca>



DISCHARGE PLANNING

Discharge planning will begin on admission and the treatment team will collaborate with individuals to identify and connect with community, medical and/or family supports. It is expected that individuals will have begun this work in the community prior to their acceptance into the program.

Contact information

For questions or if you require further information, please contact EDIP team members at 709-777-7154.

For referral information, please see Eastern Health's website or contact the Intake Coordinator at 709-777-2041

Eating Disorder Inpatient Program
Psychiatry Unit
Health Science Centre
300 Prince Philip Drive
St. John's, NL
A1B 3V6



EATING DISORDERS INPATIENT PROGRAM (EDIP)

Psychiatry Unit, Health Sciences Centre



ABOUT THE PROGRAM

- The Eating Disorders Inpatient Program (EDIP) is located on the Psychiatry Unit at the Health Sciences Centre.
- Group-based treatment is provided to adults aged 18 years or older requiring a higher level of care to assist in the management of their eating disorder symptoms.
- The EDIP has 4 beds for individuals who require hospitalization to interrupt eating disorder symptoms and/or may be at high risk of medical complications.
- The EDIP team consists of Psychiatrists, Nurses, a Family Physician/Nurse Practitioner, a Psychologist, a Dietitian, a Social Worker, and an Occupational Therapist.
- The EDIP is informed by Cognitive Behavior Therapy, Dialectical Behavior Therapy, and Emotion Focused Family Therapy.

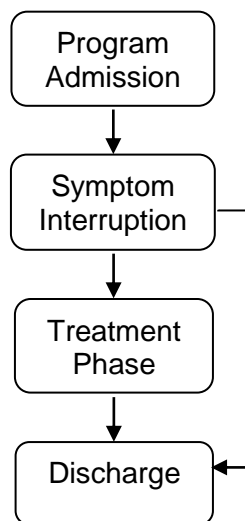
ABOUT THE PROGRAM

Our Program offers group programming and nutritional rehabilitation, across two phases of treatment:

The **Symptom Interruption** phase is used to disrupt an individual's eating disorder symptoms and compensatory behaviours.

The **Treatment** phase requires you to continue to stop engaging in eating disorder behaviours. You will explore the purpose of your eating disorder, learn new coping skills and will be given chances to practice them.

Individuals admitted for symptom interruption may transition to the treatment phase of the program following the symptom interruption phase. If not, individuals will be discharged after they have completed the first phase.



EATING DISORDERS CONTINUUM OF CARE

