Model of Care for our Eating Disorder Services

Cygnet Health Care

My Past

New Beginnings

- I will improve my relationship with food
- I will be supported by specially trained staff
- I will recover so that I can support both my mental and physical health
- My progress will focus on improving my quality of life and plans outside of an eating disorder

My Future

Stage One

Pre-admission
Communication

Inpatient team gets to know service user and their community support network so that purpose and aims of admission can be fully understood.

Stage Two

Acute Assessment & Medical Stabilisation
Safety

Ward team and service user start working together and get to know each other. At this stage of admission, priority focusses on physical and mental health safety and stabilisation.

This will require the completion of different types of questionnaires and physical health checks.

These will reduce as the admission progresses. Once physically stable, meal options will be explored that can support safe weight restoration. Also, an initial CPA meeting date will be scheduled in so that goals of admission can be formally agreed.

Stage Three

A) Ongoing Assessment, Engagement & Treatment
Exploration

Regular and tailored weight restoration goals explored and planned out with service user and inpatient team.

This will either be to maximise chances of full eating disorder recovery, ensure health stability or to improve quality of life in the community.

B) Active Treatment Intervention
Competence

Service users at this stage will be consistently reversing malnutrition status and tolerating regular weight restoration.

They will be well engaged with therapeutic group and 1:1 programme which means that they can now start practicing skills and activities that support independence.

These activities will form part of initial relapse prevention work and be practiced both on and off the ward.

Stage Four

Transition
Achievement

This final stage continues to work on eating disorder relapse prevention, practicing independence and ensuring a safe discharge back into the community.

This will have been co-designed by the service user, ward team and support network. A key part of this stage ensures that service user ambitions (outside of an eating disorder) can be worked on and pursued in the community.

Carer's Support

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