

QuEDS recommendations for the nutritional management of patients with an eating disorder on medical wards.

Patient assessed as requiring a medical admission (See QuEDS admission guidelines)

Commence IM thiamine (100mg) and oral Multivitamin, daily bloods

Commence continuous 24hr nasogastric feeds at 6000kJ/1500kcal per day[#]

using a low fibre, concentrated feed (eg 1.5kcal/ml ie 6kJ/ml).

Calculate fluid requirement based on 40ml/kg (unless other medical consideration)

Increase feeds in increments of 2000kJ/500kcal every 2 days until **goal energy*** of 12000kJ/3000kcal reached

Are energy/nutrient/fluid needs being met?

Maintain nasogastric feeds at goal energy* for a 48 hour period

Assess medical stability

If medically stable then...

- commence 3 step plan[^] at goal nutrition (usually 12000kJ/3000kcal)
- nasogastric tube to remain in place until **not** required for 3 consecutive days.

If not yet medically stable then make clinical decision to either..

- continue 24 hrs NGFs at goal, or
- move to a combination of overnight NGFs with a 3 step meal plan to meet goal nutritional requirements.

NB – It may be preferable for patients to be transitioned onto either full oral intake at goal level or a 3 step meal plan prior to transfer to Mental Health.

* Goal Energy: Co-existing medical conditions may influence goal energy – exercise clinical judgment in such cases. e.g. Young males may require more than 12000kJ/3000kcal at goal for adequate weight gain and medical stability. Tolerance, rate of weight restoration, and progression towards medical stability should be monitored.

[#] Sample 24hr continuous nasogastric feed regimen – based on 1.5kcal/ml (6kJ/ml), fibre-free formula (eg Nutrison Energy)

- Day 1 – 40ml/hr (6000kJ/1500kcal)
- Day 3 – 55ml/hr (8000kJ/2000kcal)
- Day 5 – 65ml/hr (10000kJ/2500kcal)
- Day 7 – 80ml/hr (12000kJ/3000kcal)

Consider use of Nutrison Advanced Dison if diagnosed with anaphylactic reaction to fish or dairy.

Calculate fluid requirements based on 40ml/kg body weight in order to provide needs by 4 hourly water flushes. Assume feeds contain 750ml fluid per 1000ml. Suggest NBM or limit of 250ml water oral intake.

[^] 3 step meal plan – document available on QuEDS website

http://hi.bns.health.qld.gov.au/forms/patient_record/forms/mr_60089.pdf