Assess for Refeeding Risk

- Refer to MEED guidelines
- Refeeding Syndrome usually occurs within the first 1-5 days but can occur later in those who are malnourished.
- Extremely low weight- BMI <13Kg/m2, <70% weight for height
- Weight loss of >15% over 3 months
- Prolonged low intake- little or no intake for >4days
- Deranged baseline bloods- low K, PO4, Mg
- Low white blood cells- <3.8
- Medical complications- eg infection, cardiac disease, liver disease

Managing Refeeding Risk

- Baseline and weekly bloods- U&E, Bone profile, Mg, LFT's, FBP
- Correct any deficiencies
- Commence refeeding medications- forceval and thiamine 100mg bd
- Steady increase in oral intake
- Caution over risk of prolonged underfeeding -aim to achieve full intake within 5-7 days

Supported Meals

- There is a time limit for each meal and snack to be completed in:

  Meal = 30 minutes Snack = 15 minutes

- All food/fluid must be completed - **NOTHING** to be left behind.

- Young person is to be offered **NO** choice regarding food options – this is to be decided by parent/guardian.

- The bathroom must be used prior to all meals/snacks and not to be visited for 30 minutes afterwards. Distraction techniques to be used in the 30 mins post meal if necessary e.g listening to music, writing down thoughts/feelings, talking to friends/family, and watching television.

- No negotiation is permitted around what the young person thinks they should be eating.
- No fat free/diet/healthy options are to be used.
- No chewing gum or fizzy drinks permitted.
- Young person must not be present when food/fluids are being prepared, to be in another room until this is ready to be eaten.
- No unnecessary exercise/physical activity to be undertaken – only that agreed within the young person's care plan.

FOOD IS YOUR MEDICINE!

Common Eating Disordered Behaviours

- Very slow at eating
- Breaking food up
- Pushing food around the plate
- Crumbling food
- Dropping food on the floor
- Hiding food in clothing, napkins, down the back of the sofa etc
- Feeding food to pets
- Concern over eating in front of others
- Pre occupied with the food others are eating
- Distress and anxiety around meal and snack times