



Nutritional Rehabilitation Program

Welcome to the Nutritional Rehabilitation Program at Children's National. This program partners with the Donald Delaney Outpatient Eating Disorders Program to provide care for your child or adolescent.

Our team provides medical, nutritional, and psychological services. We have developed a treatment protocol to rebuild your child's health and nutrition. The protocol has both day and night portions.

During the day, the protocol treats meal time and snack time as treatment time:

Meals/ Food

- Before the protocol begins, your child chooses three food items that are to be excluded from all meals. These are called "Dislikes". A nutritionist or nurse helps your child with these choices.
- When the protocol starts, your child will put on a hospital gown and sit in a chair during each meal.
- Meals are timed and watched by a staff member. Your child is allowed 30 minutes to finish his/her meal.
- If your child is not able to eat all of the meal, a liquid formula will be given by mouth instead.
- Your child will have a 30-60 minute rest period after each meal. The length of the rest period depends on your child's condition.
- Your child may not have visitors and phone calls during meal time or rest period in the beginning.
- Snacks will slowly be added during the day. Snack time will be treated the same as meal time except your child will have 15 minutes to finish his/her snack. There is no rest period after the snacks.
- Some children may need to have extra liquids by mouth or IV.
- Before going home and based on your child's condition, you may be asked to assume control of meal planning and supervision. The nutritionist will help with food selection.

Activities

Your child will...

- need to ask a staff member to use the bathroom. Bathroom use is supervised by a staff member.
- be kept on bed rest (no walking around the room or hallway) in the beginning.
- have a monitor so that the heart rate and respiratory rate is constantly watched. The monitor will make noise if either rate goes too low.
- get phosphorus and other minerals and vitamins as needed.
- will have a blood test taken every morning to check that feeding efforts are going safely.
- not be able to exercise until he/she is safe for this activity.

During the night

- Since your child needs more calories than he/she is able to eat, we will give a nutritional formula slowly through a nasogastric feeding tube for 8 hours during the night. The nutritional formula gives your child needed calories and decreases/limits the amount of food that your child needs to eat during the day.

- The nasogastric tube will be placed the first evening your child is in the hospital. The nasogastric tube is a small tube. It is placed in your child's nose and goes down the throat into the stomach.
- The formula is given slowly to help your child's body absorb the nutrients and increase the child's comfort.
- As your child gets better, he/she will eat more food during the day. Soon your child may not need the night formula. But if your child does need to continue the night tube feeds, it can be done at home.

Resources

We strongly recommend [the](#) following [books](#), websites and videos on eating disorder and treatment:

- Lock, J. & LeGrange, D. [Help your teenager beat an eating disorder.](#) (2005). Guilford Publishers.
- Treasure, J., Smith, G. & Crane, A. [Skills Based Learning for Caring for a Loved One with an Eating Disorder.](#) (2007). Routledge Publishers.
- www.maudsleyparents.org
- www.FEAST-ED.org
- <https://www.youtube.com/evamusby> - Eva Musby videos, especially “Bungee Jump” and “Stuck and Not Eating”

One of Children's National's medical librarians can help you find this information. Our library is located on the 2nd floor near the cafeteria.

This material covers the [most common treatment](#) we recommend, known as **The Maudsley Approach**. [Other](#) treatment options [are possible, but it is helpful to](#) be familiar with the Maudsley approach.

Appointments

- For medical and/or nutrition appointment, call 202.895.3860
- For Mental Health appointment, call 202.895.3865
- For urgent appointments, call 202.476.2178

We look forward to working with you to provide excellent care for your child.

The Inpatient Eating Disorders Team:

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The Outpatient Don Delaney Eating Disorders Program

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