

EATING DISORDERS INPATIENT PROGRAM (EDIP)

Part of the Provincial Adult Eating Disorders Continuum of Care

(Includes the EDIP, the HOPE Program, & outpatient eating disorder services)



Eastern
Health

What are we? The EDIP is an intensive, inpatient eating disorders treatment program. Individuals are required to participate in both nutritional rehabilitation (i.e. regular meals & snacks) as well as group-based therapy. This is a voluntary program and participants need to be willing to abstain from all eating disorder symptoms (i.e. restricting, bingeing, purging, misusing laxatives, diet pills and/or diuretics, excessive physical activity).

Who are we? The EDIP treatment team consists of Psychiatrists, Nurses, Personal Care Attendants, Family Doctor/Nurse Practitioner, Psychologist, Dietitian, Social Worker and Occupational Therapist

Where are we? We are a provincial treatment program operated by Eastern Health located on the Psychiatry Unit at the Health Sciences Centre in St. John's, NL. The program has four treatment beds, a dining room, group therapy room and family room for individuals who require hospitalization.

When to refer? Please refer for assessment if an individual's eating disorder symptoms are impairing or disrupting their functioning (e.g. diminished concentration and/or energy levels, employment/education status). Additionally, feel free to contact the Provincial Intake Coordinator (709-777-2041) for consultation if you any concerns about an individual and/or about their eating disorder behaviours.

Why refer? For adults aged 18 years or older with eating disorders or exhibiting symptoms consistent with a DSM-5 diagnosis of Anorexia Nervosa (AN), Bulimia Nervosa (BN), or Other Specified Eating or Feeding Disorders (OSFED). These individuals may be experiencing weight loss, and/or engage in restrictive eating and/or purging behaviours placing them at high risk for medical complications. In addition, individuals may not be considered medically compromised but might need support to break their eating disorder symptom cycle (e.g. restricting, binge/purge, excessive exercise).

How to refer? Referral to the EDIP can be made by any healthcare professional. Individuals must have had the medical assessment portion of the *Adult Eating Disorders Referral for Assessment* form (see Eastern Health's Eating Disorders Services' page <http://www.easternhealth.ca/WebInWeb.aspx?d=2&id=2472&p=2106> for the link) completed. Prior to admission, individuals will need to participate in an intake assessment/pre-admission appointment and if appropriate, will be prioritized and waitlisted.

Common Treatment Barriers Voiced by Individuals*

"I'm not sick enough for treatment."

"I can beat this myself if I just try harder."

"I've been in treatment before and failed."

"I don't want to be labeled as 'the sick one'."

"I'm not ready to give up my eating disorder."

"I have other things going on that are more important."

"No one can understand what I'm dealing with."

"I don't look like other people who will be in treatment."

* <https://www.waldeneatingdisorders.com/blog/getting-eating-disorder-support/> Retrieved on October 30, 2019

Eating Disorders Provincial Intake Coordinator Tel: 709-777-2041 • F: 709-777-2042 • EDIP Tel: 709-777-7154

Eating Disorders Inpatient Program, Psychiatry Unit, Health Sciences Centre, 300 Prince Philip Drive, St. John's, NL
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EATING DISORDER TREATMENT MYTHS & FACTS

Truths About Eating Disorders**

Truth #1: Many people with eating disorders look healthy, yet may be extremely ill.

Truth #2: An eating disorder diagnosis is a health crisis that disrupts personal and family functioning.

Truth #3: Eating disorders affect people of all genders, ages, races, ethnicities, body shapes and weights, sexual orientations, and socioeconomic statuses.

Truth #4: Eating disorders carry an increased risk for both suicide and medical complications.

Truth #5: Full recovery from an eating disorder is possible. Early detection and intervention are important.

**<https://www.nationaleatingdisorders.org/blog/nine-truths-about-eating-disorders> Retrieved October 30, 2019

Myths About Eating Disorders***

Myth: Only teenage girls suffer from eating disorders.

Reality: Although the onset of most eating disorders is in adolescence (95% of people with eating disorders are between the ages of 12 and 25), this is not to say that eating disorders are not seen in both very young children and older adults. In fact, it may be due to a lack of diagnosis that more people are not being recorded with eating disorders in the other age ranges. Boys and men also suffer eating disorders, an estimated 10- 15% of sufferers are male.

Myth: Eating Disorders are about wanting to be thin.

Reality: Eating disorders have a biological base and can occur in individuals that do not wish to be thinner than they are. Due to the fear of gaining weight that many eating disorder sufferers have, it is common for eating disorders to be mistaken for extreme dieting behavior.

Myth: Eating disorders are just an extreme form of dieting.

Reality: Eating disorders are not like dieting. Many sufferers do not restrict food in order to lose weight. Eating disorders may look similar to dieting, but the reality is that the sufferer often has very little control and feels unable to eat rather than choosing not to eat because he or she wants to lose weight.

Myth: People with anorexia do not binge or purge.

Reality: Many people with anorexia will go on occasional binges and purge. Some anorexics can become so fearful of any food or drink that they will purge whatever they put into their system, including water.

Myth: People with bulimia always purge by vomiting.

Reality: Not all bulimics try to rid themselves of the calories they have consumed by vomiting. Purging can take the form of laxatives, diuretics, exercising, or fasting.

Myth: You can always tell someone is anorexic by their appearance.

Reality: Not all people with anorexia look like the extreme cases shown in the media. Some people with anorexia may be anywhere from 5 to 15 lbs. underweight, may be considered a normal weight or appear overweight. Just because someone does not look emaciated, does not mean they are not anorexic or that their health is not in danger.

Myth: People with anorexia do not eat candy, chocolate, etc.

Reality: Many people with anorexia do avoid such foods, but some do eat them on a regular basis. If a person with anorexia decides to only allow themselves 300 calories/day, they may very well choose to eat a chocolate bar, candy, etc.

***<https://www.mirror-mirror.org/myths.htm> Retrieved October 30, 2019

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