

# Eating Disorders Services

## What to expect when your child has been admitted to Seattle Children's Hospital

### To Learn More

Children's Eating Disorders Services:

- General Questions – Adolescent Medicine, 206-987-3005
- Medical and Nutrition Management – Adolescent Medicine, 206-987-2028
- Child and Adolescent Psychiatry 206-987-3560
- To enroll for Adolescent Medicine Eating Disorders Services (including Adolescent Nutrition), please have your primary care doctor call Children's Scheduling Center at 206-987-2028, option 1, to make a referral. Or, your doctor can fill out a New Appointment Referral Form (NARF) online at [www.seattlechildrens.org](http://www.seattlechildrens.org)
- Ask your child's nurse or doctor
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

When your child is admitted with an eating disorder, the Medical Unit staff works with other healthcare providers in the hospital to manage your child's care. Your child will see providers from Adolescent Medicine, Nutrition and Psychiatry.

This handout will help you know what to expect from each of these departments.

## Adolescent Medicine

This team works with the Medical Unit staff to care for your child. They will also work directly with your child during the hospital stay. After the hospital stay, your child may come to the clinic for follow-up appointments. Or, Adolescent Medicine providers may work with your child's primary care doctor at that time.

If your child is admitted to the Inpatient Psychiatry Unit (IPU) Eating Disorders Services, Adolescent Medicine will be consulted and will assist in providing medical care for your child.

## Nutrition

A registered dietitian (nutritionist) will complete a nutrition assessment and provide recommendations about food and drink to help stabilize your child while in the Medical Unit.

The nutritionist will work with Medical Unit staff to see how your child is doing, and will recommend changes to the nutrition plan if needed. The nutritionist may also provide some basic nutrition education for you and your child.

If your child goes to the IPU or Adolescent Nutrition Clinic Eating Disorder Services, the nutritionist will start a nutrition plan and will give recommendations to the staff caring for your child.

## Psychiatry Consult and Liaison Service

This team will evaluate your child to identify eating disorders and any other psychiatric or psychosocial issues. This will tell us if there is a serious eating disorder that requires your child to stay in the hospital for care. If your child does not need to stay in the hospital, this service will give referrals for treatment as an outpatient.

### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers 206-987-2280 (TTY).

If your child does need to be admitted, we will give you written information about the IPU Eating Disorders Services. If you want to learn more, we will put you in touch with a member of the Eating Disorders team who can set up an orientation and a tour of the IPU. Your family can then decide if you would like your child to enter the IPU Eating Disorders Services. We will help transfer your child to the program or help with another plan if needed.