Where do we go from here?

This information sheet answers questions you may have after attending your child’s Assessment Day. We hope it helps you know what to expect during your child’s care at the clinic.

Who will be involved in my child’s care?

A team will provide your child’s care. The health care providers on the team are:

- Adolescent Medicine Pediatrician
- Nurse Practitioner
- Social Worker
- Psychologist
- Registered Dietitian
- Child and Adolescent Psychiatrist
- Medical residents and students in health professions

You, your child and family are an important part of this team. We will work together to provide a network of support for your child.

On your assessment day, your child was assigned a primary therapist. This person will be your main contact with the team and will work closely with your family during your time with our clinic.
What is the role of the Adolescent Medicine Pediatrician?

Our pediatricians specialize in working with and understanding the needs of teens. In our clinic, the Adolescent Medicine Pediatrician:

- Helps children and parents learn about eating disorders and the normal development of children and teens.
- Carefully monitors your child’s health and safely guides their treatment.
- Discusses treatment approaches and helps you and your child’s therapist make decisions about exercise, return to sports and ongoing care.
- Manages health problems such as low bone mineral density, low heart rate and fertility issues. This includes diagnosis, treatment, monitoring and education.
- Gives advice about medications that may help reduce repetitive or ‘sticky’ thoughts, feelings of worry or sadness.
- Helps teens take an active role in their health care, now and in the future.

What is the role of the Nurse Practitioner (NP)?

Our NP specializes in the medical and mental health needs of children and teens. In our clinic, the NP supports children, teens and their families. The NP monitors all aspects of your child’s health, provides treatment planning and education.

What is the role of the Social Worker?

Social Workers focus on understanding your child and their illness in context. They consider the social, psychological, family and environmental strengths and challenges that impact your child’s day-to-day life. They provide ongoing therapy.

What is the role of the Psychologist?

Psychologists assess your child to determine if they have an eating disorder. They also look for other mental health challenges such as anxiety or depression that may affect your child’s recovery. Psychologists also provide ongoing therapy.
What is the role of the Registered Dietitian (RD)?

Our Dietitian works with the Pediatrician to set a healthy weight range for your child. Depending on the treatment approach you choose, the RD may meet with you and your child, provide education and advise your child’s therapist about your child’s energy requirements.

What is the role of the Child and Adolescent Psychiatrist?

Our Psychiatrist is an expert in the diagnosis and treatment of children and teens with eating disorders. The psychiatrist can also identify other mental health problems your child may be facing, such as depression or anxiety. The psychiatrist may meet with you and your family to understand your experience and recommend medication for your child as needed.

What is the role of students?

McMaster Children’s Hospital is a ‘teaching hospital’. Students who are learning to become doctors, nurses and other health professionals are part of the health care team. Medical residents who are doctors learning to specialize in a particular field may also take part in your child’s care. All residents and students are closely supervised.

How often does my child need appointments?

Each child’s treatment plan varies. How often you visit will depend on your child’s needs. In general:

- Therapy appointments are usually every week, and become less often over time.
- Most children and teens work with our team for about a year.

Talk with your Pediatrician or Nurse Practitioner about how often your child should visit the clinic.

What are the clinic hours?

The Clinic is open 8 am to 5 pm, Monday to Friday. We do not have evening or weekend appointments.
How do we schedule appointments?

The Business Clerk at the front desk will schedule your appointments.

To help us serve everyone, please:

- Book a follow-up appointment before you leave. If you need more appointments, the Business Clerk will book them later and give you an appointment card at your next visit. You can also call the Central Booking desk at ext. 73984 and leave a message requesting a call back with appointments.
- Book no more than 3 appointments with one team member ahead of time.
- Give us as much notice as possible if you need to cancel an appointment.

We will try to coordinate visits with different team members on the same day, but this isn’t always possible. When your child starts treatment, this may mean more than one visit a week.

Who do I call if I have concerns or my child is having a crisis?

We encourage you to speak openly about issues that your child or your family are experiencing related to the eating disorder or general mental health.

If you have a major concern between appointments:

- Call the 3F front desk at 905-521-2100, ext. 73984 to make an appointment with your therapist or doctor, or
- Call your child’s therapist. He or she will help you to decide what to do. Please note that we are not a crisis service, but we do aim to return your calls within the day if possible.

If you have medical concerns that cannot wait until your next appointment:

- See your family doctor.

If you feel that your child is unsafe or thinking about suicide:

- Take your child to the nearest hospital Emergency Department.
What does therapy look like?

There are many ways to treat eating disorders. Our therapists have training and experience in providing these treatment approaches with young patients:

- Family Based Treatment (FBT)
- Cognitive Behavioural Therapy for Eating Disorders (CBT-E)
- Dialectical Behavioral Therapy (DBT) – Skills
- Individual supportive therapy

We will give you information about each approach, including the evidence to support its use. To decide on a treatment approach for your child, we encourage you to consider:

- the strength of the evidence for each treatment, and
- whether you feel that it is a good fit for your family.

Your therapist will discuss this with you at your first follow up visit.

Where can we find more information?

We strongly recommend that both parents read:

- Help your teenager beat an eating disorder by J. Lock and D. LeGrange

We recommend the following websites:

www.feast-ed.org
- Families Empowered and Supporting Treatment of Eating Disorders.
- Information and support for parents and caregivers helping loved ones recover from eating disorders.

www.maudsleyparents.org/
- A non-profit, volunteer organization of parents who have used a family-based treatment called the “Maudsley approach” to help their children heal from eating disorders.
Where can we find more information? (continued)

www.eatingwithyouranorexic.com/
• A website for parents and caregivers of children with anorexia nervosa.

www.aedweb.org
• The Academy for Eating Disorders is a professional organization that provides information about eating disorders to the public.
• For videos: Click on ‘Resources’, scroll down to ‘For the Public’ and click on ‘Eating Disorder Videos’.

www.nedic.ca
• The National Eating Disorders Information Centre is a Canadian non-profit organization that provides resources on eating disorders.

www.ocoped.ca
• Ontario Community Outreach Program for Eating Disorders provides training and support to those who provide services to people with eating disorders.