

Your “Assessment Day” at the McMaster Children’s Hospital Eating Disorders Program is

Please arrive at the 2P Clinic at 8:00 am. Plan to be at the hospital until 1 pm.

Please call and confirm your appointment. Unconfirmed Appointments may be cancelled.

If you need to cancel or change this appointment, please tell us as soon as possible. Call the Clinical Coordinator at 905-521-2100, ext. 73497.

We are looking forward to meeting with you and your family. Assessment Day will help us understand the difficulties you are facing. If you have an eating disorder, we can recommend the treatment that is right for you.

In this package you will find:

- A guide to Assessment Day
- Parent Intake Form
- Directions to McMaster Children’s Hospital

Please fill out the Parent Intake Form and bring it with you to the 2P Clinic on your child’s assessment day.

Sincerely,

The staff of the Pediatric Eating Disorders Program
McMaster Children’s Hospital

A guide to Assessment Day

You, your parents and siblings are invited to come to Assessment Day. During this morning at the hospital, you will meet some of the health care providers on our team including a pediatrician, social worker and psychologist.



**Just a
reminder:
Please be
on time!**

What happens at Assessment Day?

The purpose of Assessment Day is to get to know you and your family and the health issues you are facing. If you have an eating disorder, we can recommend and discuss the treatment that is right for you. Please bring both your parents and any brothers or sisters who are living with you.

Eating disorders are complicated illnesses that involve body and mind. The first step towards a full understanding of the eating difficulties that you are facing is a complete assessment.

Your assessment will include:

- blood tests and a test to check your heart
- meeting a pediatrician to discuss your health and have a physical examination
- meeting with a psychologist or psychiatrist and social worker for a psychological and family assessment

Following assessment there is a feedback session where you will meet with team members to discuss the findings from the family and psychological assessment and medical examination. If you have an eating disorder, we will recommend the treatment that best meets your needs. This may be at our clinic or through other services.

Please feel free to bring a snack to eat during your break or during our psychosocial assessment.

Assessment Day Schedule

8 am	Check in with the Business Clerk. <ul style="list-style-type: none">• The Business Clerk arrives at 8 am. When you check in, the Business Clerk will give you requisitions for your blood tests and echocardiogram (ECG).• Please go to the blood lab first. When you are done, bring your ECG results back to the clinic and tell the business clerk that you have returned.
8:30 to 10:30	Family and psychological assessment <ul style="list-style-type: none">• You will meet with a Psychologist or Psychiatrist and Social Worker to assess your psychological health and family situation.• It is important that both your parents and any brothers or sisters (over 6 years old) living at home attend this session. Parental discretion accepted.
10:30 to 11:30	Eating disorder assessment <ul style="list-style-type: none">• You will meet the Pediatrician to talk about your health and have a physical examination.• The Pediatrician will also talk with your parents.
11:30 -11:45	Break <ul style="list-style-type: none">• You and your family can take a break while the team members have a discussion.
11:45 – 12:00	Feedback session <ul style="list-style-type: none">• The team will meet with you and your parents to share the results of your assessment.• If it is appropriate, we will provide a diagnosis and discuss recommendations for treatment.

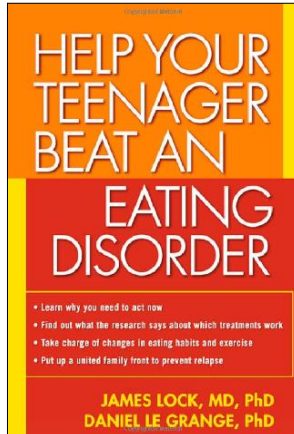
Questions or concerns?

Please feel free to contact the program Clinical Coordinator at 905 521 2100 x 73497.

If you wish to be on our short notice cancellation list, please call and request this. Please also provide any telephone numbers where you can be reached easily during day time hours.

Recommended reading

You may find it helpful to learn about eating disorders before your visit to the Eating Disorders Clinic.



While there are many books about eating disorders, we have found one book most helpful for parents who have children under 18 years old.

Help Your Teenager Beat and Eating Disorder
James Lock and Daniel LeGrange, 2005

You can borrow this book from the Public Library or buy it online (for under \$20).