

Comprehensive

Inpatient and Day-Patient
Care for Eating Disorders



Ramsay Clinic
Hollywood

[ramsaymentalhealth.com.au](https://www.ramsaymentalhealth.com.au)



Ramsay
Mental Health

Ramsay Clinic Hollywood has a unique capacity to offer tailored care to patients struggling with eating disorders such as Anorexia or Bulimia Nervosa, Binge Eating Disorder, Avoidant/Restrictive Food Intake Disorder (ARFID); with both day-patient and inpatient services available. Treatment comprises a mix of psychiatric interventions, psychological care, nutritional counselling, peer-support input, and self-help strategies.

Day Program

The Eating Disorder Day Program is suitable for patients 16 years of age and older who are medically stable and have less severe concerns with their eating disorders, or for patients wanting to build and consolidate on gains made in a recent inpatient stay. As an intermediary step, it provides expert care while supporting patients' return to daily life. It is an ideal option for patients who require a less restrictive environment or have other personal commitments. The program runs four days per week between 8:00 – 13:30 on Monday, Tuesday, Thursday, and Friday.

The day program is open for new patients to join at any time and includes:

- Individual treatment planning and dietetic consultation for each patient to monitor food choices and set meal plans.
- Exercise physiology groups
- Peer mentoring sessions
- Supported meals and snacks.
- Therapy groups to help patients learn how to manage unhelpful thoughts, feelings, and behaviours.
- Goal setting, emotion regulation and problem-solving skills are also important components of the program.



Inpatient Care

Our inpatient unit is the sole facility of its kind in Western Australia, ensuring round-the-clock care for patients requiring intensive treatment and support. We offer a safe, nurturing environment for those struggling with eating disorders; helping them regain control over their lives.

Key treatment goals are weight restoration, normalising eating patterns and development of the knowledge and skills to overcome unhelpful eating behaviours and mindsets. Treatment is recovery focused and individualised to the needs of the patient and is guided by a multi-disciplinary team.

Support Group: Post-Hospitalization Care

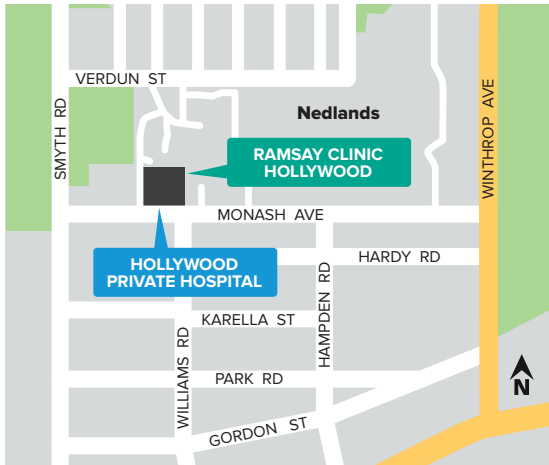
A new Support Group will commence in January 2024, providing a crucial resource for patients during their eating disorder recovery journey. Available under Medicare, it ensures continued support and a sense of community. This group will operate once weekly on Mondays between 4:00pm to 5:30pm.

Key Facts

- GP referred
- The Inpatient Eating Disorders Program Consultant Psychiatrist is Dr Leighton Chadwick
- Patients will need to have private health insurance, DVA cover or be self-funded.
- Patients are assessed prior to admission to the day program and are admitted under the Consultant Psychiatrist for the program.

How to Refer

1. GPs can refer direct to either the inpatient or day program. A Best Practice template or writable pdf referral is available at Easy Access Referrals | Ramsay Clinic Hollywood (ramsaymentalhealth.com.au) or
2. **Email to:** rchbookings.hph@ramsayhealth.com.au **or call** 9346 6850 to discuss pre-admission tests that may be required.



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People caring for people