

For further information about the program, referrals and assessment please contact:

The Eating Disorders Program Coordinator
Ramsay Clinic Hollywood
Hollywood Private Hospital
Monash Avenue, Nedlands WA 6009
Telephone (08) 9346 6801
Fax (08) 9346 6829

Monday to Friday between 8.00am and 5.00pm



Ramsay Clinic Hollywood is located here

A multi-storey car park is conveniently located opposite Ramsay Clinic Hollywood, off Entrance 5 on Monash Avenue. Please visit [ramsaymentalhealth.com.au/hollywood](https://www.ramsaymentalhealth.com.au/hollywood) for detailed parking information and current pricing.



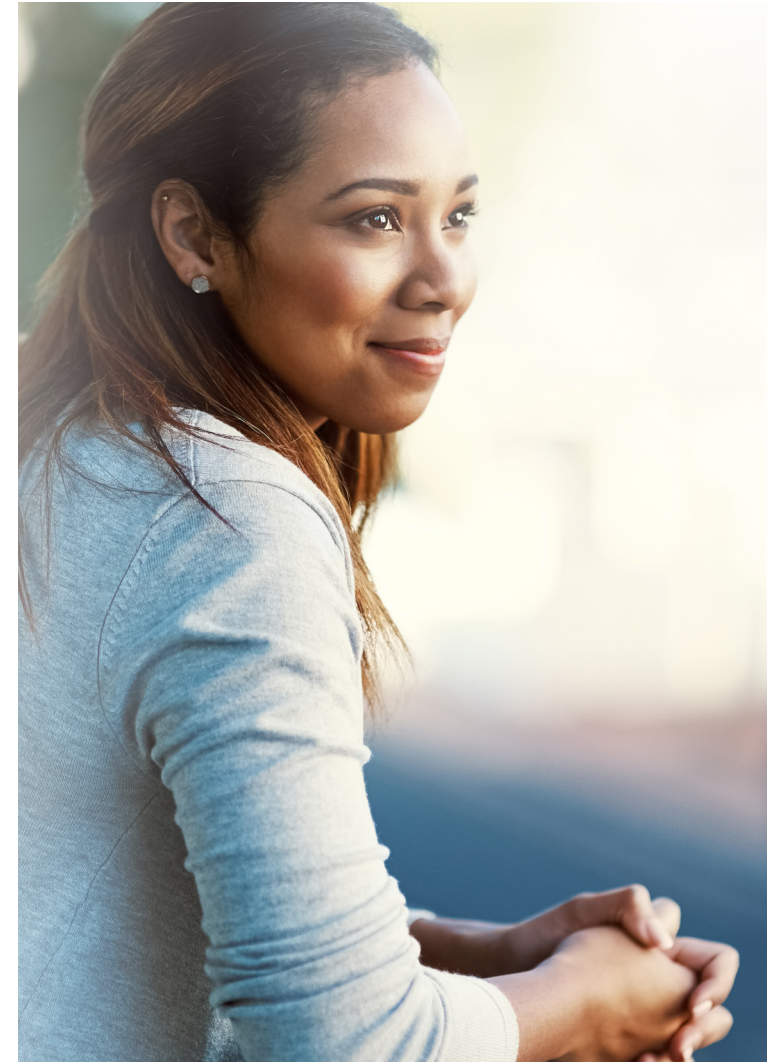
**Ramsay
Mental Health**

Ramsay Clinic Hollywood
Entrance 5, Monash Avenue
Nedlands WA 6009

Ph: 08 9346 6803 – Fax: 08 9346 6829
[ramsaymentalhealth.com.au](https://www.ramsaymentalhealth.com.au)

People caring for people

Eating Disorder Inpatient Treatment *Program*



**Ramsay Clinic
Hollywood**
[ramsaymentalhealth.com.au](https://www.ramsaymentalhealth.com.au)


**Ramsay
Mental Health**

Eating Disorder Inpatient Treatment Program

Introduction

Eating disorders such as anorexia and bulimia nervosa continue to have a significant and high mortality rate.

Optimal treatment combines inpatient and day patient programs, both of which are available at Ramsay Clinic Hollywood.

The inpatient program is especially useful for those who:

- have not responded well to outpatient therapy
- experience dangerous malnourishment or bingeing/purging behaviour
- have associated psychiatric or psychological problems such as depression or anxiety

The day program is more suited to those patients with less severe disorders, or to reinforce gains made in a recent inpatient stay.

About the Program

Inpatient management is initially aimed at stabilising physical health followed by a gradual introduction to the group therapy program.

The Program

The program includes the following:

- monitoring of medical and nutritional states
- weight restoration through close medical monitoring and specialist dietetic input
- distressed tolerance skills training
- cognitive behavioural therapy groups aimed at learning how to manage unhelpful thoughts, feelings and behaviours
- education about eating disorders
- body image and self esteem groups
- insight and awareness groups
- individual counselling

Assessment

Each patient will undergo a comprehensive multidisciplinary assessment in order to determine the most appropriate treatment plan.

Clinic Staff

The program is conducted by a team of qualified and experienced professionals that may include:

- a consultant psychiatrist
- psychologists
- mental health nurses
- a social worker
- an exercise physiologist
- an occupational therapist
- an art therapist
- a dietitian

Eligibility/Referrals

Patients can be referred by their general practitioner or psychiatrist.

Those eligible include:

- Patients with private health insurance
- Self-funded patients
- Entitled veterans or widow/ers

Confidentiality

All patient information is confidential. The health record remains the property of Hollywood Private Hospital.

Hollywood Private Hospital must comply with the Ramsay Health Care Privacy Policy and the Privacy Act 1988 in its dealings of an individual's personal information.

The privacy policy is available to patients and visitors.

Please speak to one of our staff should you wish to obtain a copy.

For further information, please contact the Privacy Officer on (08) 9346 6224.