

# URMC Inpatient Child & Adolescent Eating Disorder Program: Needs Assessment for Psychological Services

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## Background

- Inpatient medical stabilization protocols for eating disorders are often brief (around 10 days) and strictly focused on patients' physical needs
- One of the most common needs raised by patients and parents during such an inpatient stay was a desire for consistent mental health services<sup>1</sup>
- Another common needs among parents was resources on how to care for the patient after discharge<sup>1</sup>

## Methods

Data was gathered via:

- Observation of the milieu
- Patient rounds on Golisano Children's Hospital unit 8-South (with RNs & MDs)
- Adolescent medicine rounds (with all team members, including social worker, music therapist, etc.)
- Bedside RN & psych tech during supported meals
- Parent education and skills group
- Individual conversations with

## Quantitative Results

## Recommendations