

MEDICAL Management of Eating Disorders  
**Sitter Information**

CONE HEALTH PEDIATRICS  
Updated February 2022

**BASIC SITTER INFO:**

- The sitter should always ask for help if it is unclear what the patient can or cannot do.
- Do not discuss food, diets, weight, food likes or dislikes or any body image topics.
- Any inappropriate talk or activity should be reported to the nurse immediately.
- The patient must be observed 24/7.
- Sitters cannot have any food or drink in the room except for one unlabeled drink with a lid. Please let the RN or NT know when you need a break.
- Strict I & O must be followed.

**BASIC PATIENT INFO**

- **All voids/BM in BEDSIDE COMMODORE.** No bathroom privileges (use of sink, bathroom commode, shower) until medically cleared by the Peds Team.
- Patient may wash face and hands while in the bed.
- Patient may wear own clothing including bras for females after being weighed daily. Shirts/shorts/pants with no pockets/no hoods are allowed.
- Patient may use personal phone/computer. The patient is not allowed to use the hospital computer in the room at any time.
- No exercise, including walking in the hall, unless cleared by the Peds Team and in accordance with the activity order.

## **VITAL SIGNS**

- First vital signs of the day must be obtained prior to being weighed. Orthostatics should be obtained:
  - Patient must be supine (lying position) for at least 5 minutes prior to BP. Assess and record BP and HR while lying.
  - Next, have the patient sit up on the edge of the bed with his/her legs dangling. Assess and record the blood pressure and heart rate immediately.
  - Next, ask the patient to stand. Take blood pressure and heart rate immediately after standing and repeat blood pressure & heart rate check after patient standing for 3 minutes; record findings.
  - While checking the patient's blood pressure and pulse, note her/his symptoms with each change in position and notify RN.
- Weight obtained on admission, discharge, and on Monday and Thursday between 6am-8am, with patient wearing only hospital gown and underwear, no bra for females. **Weights to be done after first morning void.** Weight should be done with patient back to the digital read out. Do not tell patient his/her weight. If needed please wake the patient up for his/her weight. There should be **NO** bed scale weights done. May change back into regular clothes after weighed. Show a neutral response to any weight gain or loss.

## **SPECIAL MEAL INFO:**

- Offer the patient the opportunity to use the bathroom/bedside commode prior to meal being served depending on the activity order.
- Place all food in unlabeled containers or ensure this has been done by the nurse.
- Meals should be eaten in a chair with a tray table or sitting on the side of the bed.
- During meals/snacks patient may watch TV/movie, read, complete a puzzle, talk to the sitter etc...if he/she chooses to do so. Only the sitter at the bedside. No family/friends/visitors during mealtimes, until deemed appropriate by the Peds Team.
- Meals are limited to 30 minutes including any time that food is reheated. Snacks are limited to 20 minutes.
- Food that is not delivered by nursing/nutritional staff is not allowed.

- After the meal/snack time, check trays for hidden food or food discarded in a napkin or hidden in tray table.
- After meals, 60 minutes rest period in bed or chair is required. After snack, 30 minutes of rest in bed or chair is required. May use bedside commode if needed. No bathroom or shower use during this time. Offer a washcloth after meals.
- Do not place any food or food containers in the trash. Food intake must be verified by the nurse.
- Do not offer praise for meals that are eaten.
- No extra fluids should be offered to patient. If the patient requests a drink notify the RN.
- Rest period includes reading, television, talking with family, visitors and sitter.

**I verify that I have read and understand the sitter information above:**

Sitter Name	Date	Time

