

Reference:	FOI.18983.25
Subject:	Eating Disorder (ED) mealtime/dining room support
Date of Request:	28 November 2025

Requested:

I would be grateful if you could provide copies of any internal guidelines, protocols, policies or standard operating procedures that relate specifically to mealtime/ dining room support in the treatment of eating disorders within your services. This includes, but is not limited to, documents that cover:

- expectations and roles of staff during mealtimes
- levels of supervision and support before, during and after meals or snacks
- management of meal-related distress, behaviours or incidents
- use of any structured mealtime programmes or approaches
- Nasogastric feeding or the use of oral nutrition supplements

If different guidelines are used in different settings, please provide all relevant documents. For example, where your organisation has separate or adapted guidance for:

- inpatient wards
- day-hospital or day-programme services
- intensive outpatient / intensive community treatment
- outpatient or community services

Similarly, I would also be grateful if you could provide all protocol versions, if different protocols apply to different age groups, including:

- adult eating disorder services
- CAMHS / children and young people's eating disorder services
- all-age or transition services, if applicable

If your organisation does not have written mealtime support guidelines, please kindly let me know.

Response:

Hywel Dda University Health Board (UHB) has an adult Eating Disorder Service (EDS) service and a Child and Adolescent Mental Health Service (CAMHS) EDS that provides mealtime support for adults and children and young people (CYP) with ED's.

Therefore, the UHB provides copies of its guidelines, policies and information packs and leaflets that relate to mealtime/dining room support in the treatment of ED's, by service, at the following attachments.

Adult EDS

- Attachment 1 - Guideline 209 - Adult Refeeding Guidelines
- Attachment 2 - Guideline 875 - Shared Care Procedure for Admissions of Severely Ill Adult Patients admitted to an Acute Medical Ward with an Eating Disorder
- Attachment 3 - Policy 331 - Enteral Feeding Policy for Adults with Guidelines
- Attachment 4 - EDS Staff Induction checklist
- Attachment 5 - Managing meal times 2025

- Attachment 6 - Ward Information Pack for Supporting Clients with an Eating Disorder at Mealtimes
- Attachment 7 - Information leaflet Ward 4 Prince Philip Hospital (PPH) (English)
- Attachment 8 - Information leaflet Ward 4 PPH (Welsh)
- Attachment 9 - Family Information Handbook

Additionally, the UHB's EDS Standard Operating Procedure is currently under review; it includes intensive home treatment support. This is for patients at risk of inpatient admission (e.g. for medical stabilisation or Specialist Eating Disorders Unit) who are offered intensive home treatment support for a period of up to six (6) weeks, in addition to their normal clinical appointments. Intensive support is available between the hours of 9am and 5pm Monday to Friday, and is focused on supporting patients with managing meals and snacks (including pre and post meal support). Support is gradually reduced across the six (6) week intervention, as follows:

Week 1 – Up to 5 days per week

Week 2 – Up to 4 days per week

Week 3 – Up to 3 days per week

Following review and in agreement with the patient, support across the remaining three (3) weeks will either be gradually reduced, remain at three (3) days per week or cease. The specific number of hours of support provided per day is dependent on patient need but could include all meals and snacks between 9am and 5pm.

CAMHS EDS

- Attachment 10 – CAMHS Eating Disorder Team Managing mealtimes
- Attachment 11 - Managing mealtimes - family support
- Attachment 12 - The Family Meal – A Guide for Families and Clinicians
- Attachment 13 - Management of behavioural manifestations of ED on the medical ward
- Attachment 14 - The Mini Meal Intervention
- Attachment 15 - Bed rest
- Attachment 16 - CAMHS EDS General Carer's information leaflet