

**Program Description
Intensive Outpatient Eating Disorders
Policy and Procedure**

Subject	Number	Date Issued	Date Revised	Date Effective
Program Description	T0018_ED	4-1-2016	4-1-2016	4-15-2016
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Purpose: This document summarizes the program description and activities.

Program Description:

Bright Heart Health provides eating disorder treatment program for Intensive Outpatient care. Patients are treated by therapists, dietitians, and other experts through group therapy and individual counseling sessions.

With Bright Heart Health, patients have access to life-saving treatment for anorexia nervosa, bulimia nervosa, binge eating disorder, as well as other eating disorders. Bright Heart adheres strictly to federal HIPAA regulations and holds the highest ethical and technological standards regarding client privacy.

All Bright Heart clinicians experienced in treating eating disorders, are masters-level or higher, and have 2 or more years working at a higher-level of care. Bright Heart Health provides the highest standard of care, designed to meet a patient’s specific needs.

Bright Heart Health is targeting male and female eating disorder patients older than age 14 and ambulatory. Bright Heart Health meets the APA guidelines for Intensive Outpatient treatment:

- Medical Status: Medically stable to the extent that more extensive medical monitoring is not required, including:
 - Intravenous fluids, nasogastric tube feedings, or multiple daily laboratory tests are not needed
 - *For adults:* Heart rate >40 bpm; blood pressure >90/60 mmHg; glucose > 60 mg/dl; potassium >3 mEq/L; electrolyte imbalance; temperature >97.0°F; dehydration; hepatic, renal, or cardiovascular organ compromise requiring acute treatment is not required; or poorly controlled diabetes
 - *For children and adolescents:* Heart rate above 40 bpm, orthostatic blood pressure changes (<20 bpm increase in heart rate or <10 mmHg to 20 mmHg

drop), blood pressure >80/50 mmHg, hypokalemia, hypophosphatemia, or hypomagnesemia.

- Suicidality: If suicidality is present, in-patient monitoring and treatment may be needed depending on the estimated level of risk. Refer to Clinical Director for evaluation.
- Weight as percentage of healthy body weight: Generally >85%
- Motivation to recover, including cooperativeness, insight, and ability to control obsessive thoughts: Fair motivation
- Co-occurring disorders (substance use, depression, anxiety): Presence of comorbid condition may influence choice of level of care. Refer to Clinical Director for evaluation.
- Structure needed for eating/gaining weight: Self-sufficient
- Ability to control compulsive exercising: Some degree of external structure beyond self-control required to prevent patient from compulsive exercising; rarely a sole indication for increasing the level of care.
- Purging behavior (laxatives and diuretics): Can greatly reduce incidents of purging in an unstructured setting; no significant medical complications, such as electrocardiographic or other abnormalities, suggesting the need for hospitalization.
- Environmental stress: Others able to provide adequate emotional and practical support and structure.
- Geographic availability of treatment program: Patient lives near treatment setting
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Bright Heart Health provides 11 hours of treatment services per week. Individuals participate in 9 hours of group therapy, 1 hour of individual counseling, and 1 hour of nutrition counseling per week. In addition, meal support is provided each week with clients sharing a meal in group therapy.

Bright Heart Health services are designed for individuals as a step up from outpatient therapy or a step down from residential or partial hospitalization.