

## Appendix 1

### Cotswold House Dining Room Project

This is part of a project aiming to improve the patient experience and staff well-being at Cotswold House. The Dining room project will look at understanding the problems around a core part of patient treatment that occurs six times per day and identify why this can feel chaotic and stressful to patients and staff and why it is practised in the way it is. We aim to reduce eating disordered behaviours at mealtimes by 50% for patients on the recovery pathway and 25% for patients on the crisis pathway. Patients and staff have come up with common eating disordered behaviours. Please tick which (if any) applied to you at lunch today. This is aimed at supporting you rather than taking away privileges such as self serving (generally not removed on just one meal).

**Date:**

**Name of patient:**

<b>Behaviour Pre-eating</b>	Tick any behaviours noted	<b>Behaviour Pre-eating</b>	Tick any behaviours noted
1. Getting up from the table whilst meal service starting and during e.g. getting salt and pepper, tensing legs		2. Spending excessive time worrying about choices/checking food label/calories (before and after meals)	
3. Portion sizes – Underserving/overserving. Finds it difficult to serve/be served a “normal” portion – arguments, eating before staff can check portions such as dressings, milk in tea		4. Contesting portion sizes e.g. liquids, food	
5. Delaying coming to the dining room		6. Avoids variety – makes the same safer choices	

<b>Behaviour during meal</b>	Tick any behaviours noted	<b>Behaviour during meal</b>	Tick any behaviours noted
Unusual eating disorder behaviours during mealtimes E.g. Tearing/breaking food up e.g. bread, biscuits, Pushing food around the plate, mashing food, smearing food, hiding/dropping food, eating small mouthfuls, chewing +++, using the wrong cutlery, over/under drinking, extra coffee, Spoiling food e.g. adding extra salt, drinking/eating food/drinks too hot/cold		8. Detached at mealtimes/not talking or making conversation	
Competitive with others e.g. tries to finish after others, copies behaviours from other patients		10. Dietary rules e.g., eating food in a certain order, separating milk from cereal	
1. Very anxious about eating a certain food e.g. walking out		12. Trying to change meal choices at the table/during the meal	
3. Becoming rude/aggressive in the dining room		14. Becomes anxious about unexpected changes to meal service e.g. food availability	
5. Goes over allocated time e.g. delays start of meal, uses talking to delay meals		16. Not completing meal plan	
7. Food orientated talk/making inappropriate comments about meal plan			

<b>Behaviour Post-eating</b>	Tick any behaviours noted	<b>Behaviour</b>	Tick any behaviours noted
18. Compensatory behaviours after eating e.g. Purging, exercising, Self harming, manually evacuating, medications e.g. over use of laxatives		19. Body checking	
20.		21.	

22. Rules/rituals e.g. Brushing teeth after eating, washing hands		23. On the go +++/not able to switch off/not following rest period of sitting down	
24. Avoidance - Sleeping ++			

<b><u>Behaviour</u></b> <b><u>Other behaviours</u></b>	Tick any behaviours noted	Behaviour	Tick any behaviours noted
25. NG feeding		26. Ensures instead of food	

