

Title: Lost in Transition: A century-old tertiary hospital's new protocol on Anorexia Nervosa

Name: Regina Lua Ubaña
Department of Deveplomental Psychiatry, Institute of Mental Health, National Healthcare Group, Singapore

Sunrise Wing is the only child & adolescent inpatient unit in Institute of Mental Health (IMH), a tertiary psychiatric hospital in Singapore, since 1900s. Ironically, there is no formal eating disorders protocol. This presentation aims to share an updated protocol with a multi-disciplinary approach, led by an Advanced Practice Nurse. Eating disorders is rising amongst the youth. Traditionally, adolescents with anorexia nervosa will be managed in the Eating Disorders Programme in the largest tertiary hospital in Singapore, whereas the children will be managed by the Adolescent Medicine Service, in an Academic Medical Centre which leads in Paediatric Care. These patients are referred to IMH in view of high risk of harm to self or others, whereby both teams will co-manage. In the last decade, Sunrise Wing received 24 anorexia nervosa admissions in total, between 11 – 18 year-old. Due to the low number and unavailable formal training, the team lacks the knowledge & skills in assessment & management of these patients. Assessment prior arrival in the ward was important to triage suitability within or out of IMH. The Advanced Practice Nurse went on a Healthcare Management Development Programme overseas to a prestigious & largest paediatric academic health sciences centre, who is dedicated to improve the health of children, to learn on their practices. During the presentation, a flow-chart and interventions; on the trainings and referrals to services, will be shared. A case vignette would be included. In the near future, a national Clinical Practice Guidelines would be helpful for uniform care.

Biography

Regina Lua Ubaña, an Advanced Practice Nurse, completed her Master of Nursing and Master of Health Science (Management) in 2009. She is currently a Senior Nurse Clinician; working as the clinical lead with her multidisciplinary team, in the Department of Developmental Psychiatry, Institute of Mental Health. She is appointed as Associate Faculty in the Singapore Institute of Technology – University of Glascow. She published and presented both locally and internationally, training patients, families, colleagues, foreign delegates, external agencies and public. She had obtained multiple awards during her 20 years of service; the latest is the National Day Award 2019 – Efficiency Medal.

Presenting author details

Full name: Regina Lua Ubaña
Contact number: +65 91707449
Twitter account: -
Linked In account: Regina Lua Ubaña
Session name/ number:
Category: (Oral presentation / Poster presentation) – Prefers Oral Presentation, otherwise Poster Presentation