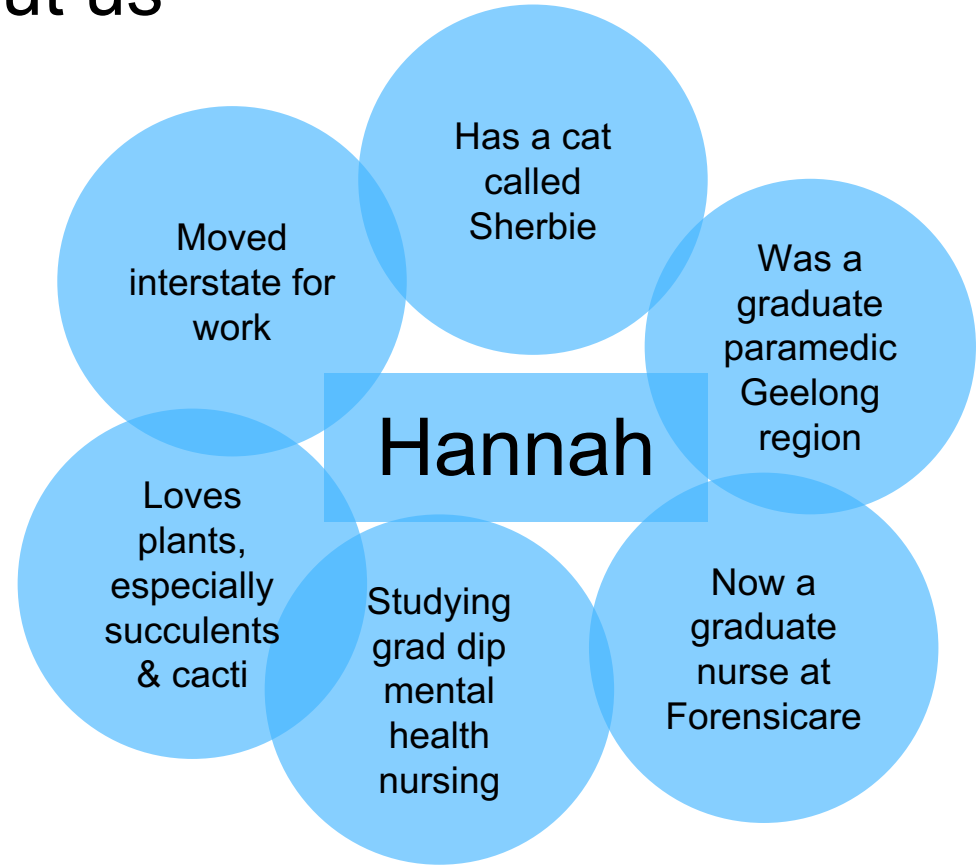
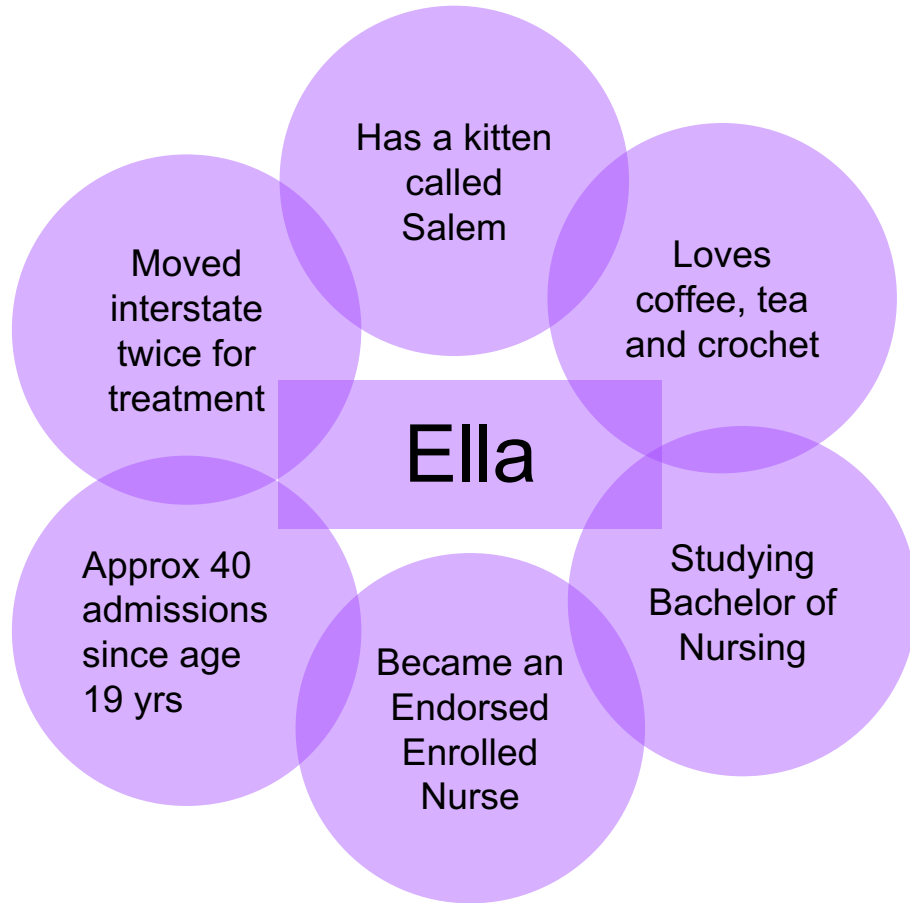


# Reflections on Advance Statements in Recovery

When personal and professional worlds collide

# About us



## Before the advance statement...

“I have no idea what’s happening  
and you’re not listening to me”

“I don’t need or deserve  
treatment, just let me go home”

“I’m not sure what to do, but no  
one else seems sure either and  
that scares me”

afraid powerless helpless stressed

# What is in the advance statement ?

medication

presentation

preferences

practical info

vegetarian

restrictive  
interventions

ECT

goals

legal

contacts



Stages of illness

'Traffic light'  
framework

# Challenges & Obstacles

process of creating it

disputing it when unwell

accessing it

practical info

lack of interest

practical obstacles

'specialist treatment'

memory of being unwell

will I relapse?

is it really necessary?

# What is our experience now?

continuity of care

easier to explain the situation

shorter, less frequent  
admissions, faster treatment

easier to advocate for treatment

understanding what  
treatment will involve

more confident being  
nominated person

still confusing when unwell

more prepared for relapse

supported the way I want to be

more confident to  
give and seek feedback

# How has this impacted our nursing practice?

empathy for  
'difficult'  
family &  
carers

recognising  
non-family  
carers

Interest in  
educating  
colleagues  
about eating  
disorder  
treatment

empathy for  
"difficult"  
patients

looking for  
patients  
advance  
statements  
& reading  
them

recognising  
what we don't  
know

realising  
that  
everyone  
has an  
individual  
'crisis point'

Less  
judgement  
based on  
appearance

Talking to  
patients and  
colleagues  
about  
creating  
advance  
statements

# What we would like to see in the future...

Support before reaching 'crisis point'

Easier process to create an Advance Statement

Consideration of Advance Statements in every area of health care

Treatment guided by Advance Statements in non-specialist units

More education at every level

Actively seeking consumer feedback



# Further Information

- CEED (Centre Excellence in Eating Disorders)
- InsideOut Institute - Excellent resources for clinicians including policies
- The Butterfly Foundation
- The Eating Disorders Foundation of Victoria

## Contact us

@\_\_Coffeebean #Collab18

noelle.graham@gmail.com

hannah.grael@forensicare.vic.gov.au

Questions?