

# Improving the Inpatient Treatment and Care of Adolescents with Anorexia Nervosa

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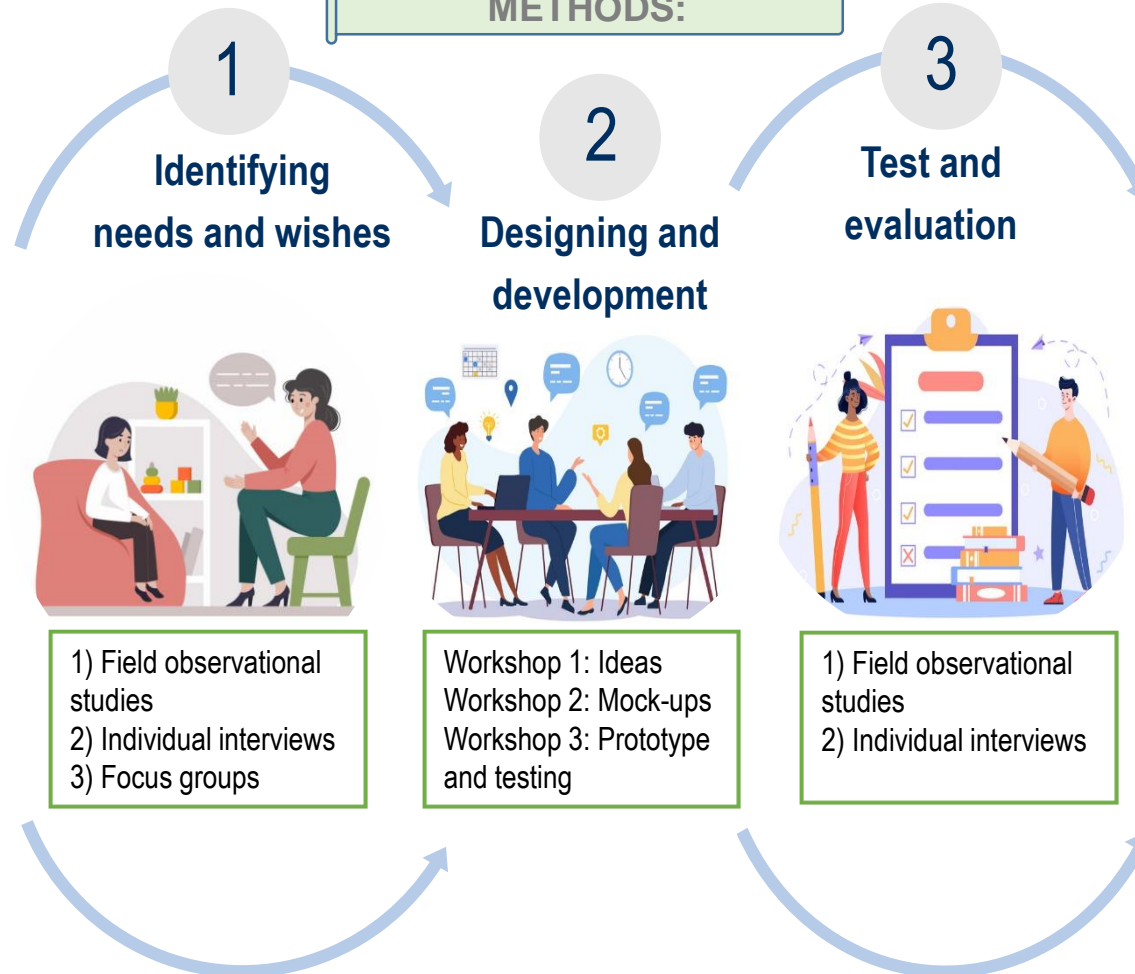
## WHO & WHY?

- The number of admissions among **adolescents with an Anorexia Nervosa (AN)** are increasing
- **Highest mortality** of any psychiatric disorder
- **High readmission** and occurrence of relapse
- **Patient and family involvement is considered important** to enhance the proces of recovery.
- Research shows that adolescents and their families often report **negative experiences with inpatient treatment and care**, which highlights the importance of identifying their needs and wishes as a foundation for a development.

## AIM:

*To identify the needs and wishes of the inpatient treatment and care for adolescents with anorexia nervosa, and based on this knowledge to design, test and evaluate an intervention to address the needs.*

## METHODS:



## RESULTS:

- By involving patients and their family members throughout the research process, it is the hope to **increase patients' willingness to engage in treatment**, potentially increasing impact readmission rates and the risk of relapse.
- A **tailored intervention** based on the needs and wishes of the patients and their families
- Ready to implement in clinical practice.

## DISCUSSION:

- The results will be incorporated in the development of clinical guidelines and contribute to a more participatory approach by showing how involving patients and their families in several parts of the research process can create value.

