

ADDICTIONS TREATMENT

I am indebted to
Nightingale Hospital;
it saved my life.

FORMER PATIENT

Nightingale Hospital London is dedicated to delivering individually tailored, quality care for individuals aged 18 years and above. We provide treatment for anorexia, bulimia, binge eating disorder (BED), other specified feeding or eating disorder (OSFED) or avoidant restrictive food intake disorder (ARFID).

The eating disorders service at Nightingale Hospital is located in its own self-contained unit on Bendall Mews. This light and welcoming facility is equipped with nine bedrooms, all paired with a private ensuite. The unit is purpose built, and has its own kitchen, lounge and therapy rooms.

Our inpatient and day patient therapy programme consists typically of four therapy groups a day. These therapies provided are in line with NICE Guidelines, and include a CBT-E group, an emotional regulation group, a body image group and a nutrition group.

Inpatient treatment overview

7-10 day detox

- ▶ Offering a 'stepped care' model to ensure treatment is individualised for each patient

28-day rehabilitation programme

- ▶ Offering a 'stepped care' model to ensure treatment is individualised for each patient

Your journey

We understand that each patient's treatment and recovery is different. This is why we are proud to support patients no matter where they are in their recovery journey as they make measurable and sustainable improvements to their physical and mental health.

The Eating Disorder Examination Questionnaire (EDE-Q) is a 28-item self-report questionnaire. The questionnaire is designed to assess the range, frequency and severity of behaviours associated with a diagnosis of an eating disorder. It is categorised into four subscales (Restraint, Eating Concern, Shape Concern and Weight Concern) and an overall global score, with a higher score indicating more problematic eating difficulties.

Score	Restraint	Eating Concern	Shape Concern	Weight Concern	Global Score
Mean (SD): Admission	3.71 (2.56)	3.23 (3.05)	4.44 (1.86)	4.02 (2.41)	3.85 (4.50)
Mean (SD): Discharge	1.81 (2.39)	2.38 (2.51)	3.69 (1.91)	3.13 (2.45)	2.51 (3.34)

These scores were collected from a sample size of 37 inpatients.

Funding treatment

Nightingale Hospital is accredited by all major private medical health insurers. In addition, the hospital accepts self-funding patients as well as those funded by employers, management companies, embassies and other third parties.

Next steps

Each patient's treatment at Nightingale Hospital begins with an outpatient assessment with one of our consultant psychiatrists. To organise an assessment or for any questions relating to admissions, fees and bed availability, please contact our Patient Services Team.

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**Download an example timetable and book your
free addiction telephone consultation**

