

### Electrocardiogram (ECG)

An ECG is a test that can be used to check your heart's rhythm and electrical activity.

You will need to remove upper clothing however crop bras can be worn. Your chest may need to be shaved and/or cleaned. Please note that you will need to remove any tights however regular trousers or skirts can remain on throughout. We understand that this can be uncomfortable for some and therefore offer a chaperone service if you wish.

The test involves attaching small, sticky sensors called electrodes to your shoulders, ankles and around your chest whilst you are lying down. These are connected by wires to an ECG recording machine. The test is quick, safe and painless however there might be some discomfort when removing the electrodes from your skin due to the stickiness.

### SUSS Test

A SUSS test is a simple test where you are asked to lie down flat and sit up, then to squat and stand, without, if possible using your hands to help you. This helps to assess any muscular difficulties that may be associated with your eating disorder.

### Weight

This is a standard check where you will be asked to remove any additional layers of clothing and shoes and step onto a scale.

### Contact Us

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# Eating Disorder Wellness Clinic



## Role of the Wellness Clinic

The Wellness Clinic provides a monitoring service for service users with eating disorders. This adheres to National Guidelines to monitor physical health risks associated with eating disorders.

The Clinic staff will encourage concordance with treatment, provide psychoeducation, motivational work and signposting whilst undertaking some baseline physical health observations as part of on-going physical health monitoring.

These may include the following:

- Blood Pressure
- Temperature
- Pulse
- Oxygen Saturation
- Respiration
- Blood Tests
- ECG
- SUSS Test
- Weight

## What to Expect During my Appointment

The Clinic nurse will assess your physical health status using the previously described physical observations. The nurse will prioritise your comfort throughout and can support you with any concerns you may have. We encourage you to disclose any changes in your eating disorder behaviours so that a further risk assessment can be carried out if required.

Should you not consent to have a particular test, you have the right to refuse and this can be discussed with the Nurse to ensure you understand the risks of not having a test.

### Vital Observations

Vital observations usually mean that the clinic nurse will place some equipment on your arm, finger, and a thermometer in your ear and will observe your breathing.

This is to monitor vital signs of temperature, oxygen saturation, pulse, respiration, and your blood pressure.

Changes in any of your vital signs can indicate changes in your physical health. Any deterioration in your physical health will be shared with the wider Eating Disorder Team and discussed in order to plan how we will support you.

### Blood Tests

Blood tests have a wide range of uses and are one of the most common types of medical test. For example, a blood test can be used to assess your general state of health, check if you have an infection, see how well certain organs for example liver and kidneys are working.

If you feel anxious about having a bloods test, please let the nurse know who will then offer further support.

A vein is used for blood sampling and is usually on the inside of your elbow or the back of your hand. A tight band (tourniquet) is placed around your upper arm, which makes the vein fill with blood and makes it easier for the sample to then be taken.

A small needle attached to a syringe or blood collection bottle is then inserted into the vein through the skin, causing a sharp pricking sensation.

When the blood has been collected the tourniquet is removed and pressure is applied to stop further bleeding and to prevent any bruising. Your bloods will be sent to the Pathology Lab to be analysed and then the results will be sent through to our online system. Should any concerns arise you will be contacted and advised as to the concern and how to manage the risks associated with this.