



Developing a Patient-Centered Workbook to Support Individualized Care in an Eating Disorder Day Unit

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Introduction: Units treating eating disorders often encounter patients' need for more individualized and situation-specific guidance. Group-based treatment alone does not always address personal challenges such as emotion regulation, maintaining motivation, or fears related to eating. Patients age range is broad (13-65 years), and patients' life circumstances vary. In response to this need, Day Unit S3 developed a comprehensive therapeutic workbook to support patients' self-reflection, treatment engagement, and individualized recovery work.

Aims: The aim was to create a practical, patient-centered tool that strengthens the individual care pathway, enhances patient agency, and improves continuity of care both during and after the day treatment period.

Methods: The development project was based on patient feedback, clinical observation, and multidisciplinary collaboration. The workbook was structured around key recovery themes: motivation, emotional regulation, regular eating, practical daily living skills, and weekly goal setting.

The workbook was used both independently and together with staff during the two-week treatment period. It included reflection tasks, psychoeducation, anxiety management strategies, and individualized planning template

Results: Preliminary patient feedback indicated that the workbook increased engagement in treatment, clarified personal goals, and strengthened the experience of individualized care thus making the treatment goal more concrete for patients.

Staff experience:

Guiding questions helped make group sessions more recovery-oriented, and patients came better prepared, which positively influenced peer support. The workbook also facilitated the work of substitute staff.

Discussion: The S3 workbook meets patients' need for individualized support alongside group treatment. It strengthens patient agency, supports emotional skills, and brings structure to recovery work.

Initial experiences suggest that such a tool can significantly improve the quality and continuity of the treatment process