

Dar Kenn ghal Sahhtek

Structure, Functions and Responsibilities

‘Dar Kenn Ghal Sahhtek’, a facility offering residential and outpatient programmes aimed to provide a holistic treatment of patients with eating disorders and obesity.

The overall objective of the programme of intensive rehabilitation is to begin or continue a course of treatment aimed at interrupting the growth and maintenance factors of the disorder. An important feature of this approach is the high structuring of treatment that allows a correct evaluation of the results and the possibility of directing therapeutic intervention to the specific needs of the patient and his/her family.

A Multidisciplinary strategy that includes a psychological, nutritional and familial approach is adopted. The methodology is based on a common therapeutic programme involving collaboration among multiple professions addressing multiple factors by cooperating and integrating professions and adhering to the same theoretical model of treatment. The programme features highly specialized care and is divided into different stages of care from both a psychological and nutritional aspect.

The organization of the day is highly structured, both in the careful management of the meals and in activities aimed at making patients regain a correct eating pattern.

The principal aims of the Centre are the following:

- To address the causes of poor health and well-being related to eating habits.
- To provide comprehensive programmes based on local eating habits which are accessible to all.
- To support persons who experience eating disorders and obesity by providing holistic treatment.
- To provide follow up care for persons after being released from hospital following an acute admission for an eating disorder.
- To promote healthy lifestyles.

Objectives

- To provide support and treatment for those experiencing eating disorders and obesity and an opportunity to share personal experiences and coping strategies with others.
- To inform and through educational activities help to raise the level of understanding of eating disorders and obesity and encourage prevention, treatment and recovery.
- To liaise in the prevention of eating disorders and obesity with the Health Promotion and Disease Prevention Department currently within the Ministry for Health, Elderly and Community Care.
- To provide a confidential, safe and homely place for the delivery of a holistic therapy for sufferers of all ages as well as support to their families.
- To provide a means of tackling social isolation and empowerment.
- To provide support for sufferers and carers so that they do not feel alone and to deal with individuals in a professional manner exercising strict confidentiality.

- To help sufferers receive professional help in a homely environment.
- To promote the recognition of eating problems at an early stage most particularly in schools.
- To provide all the necessary support to sufferers to ensure their social reintegration after the phase of residential treatment.
- To support ongoing research, clinical practices, and various study possibilities for students in educational institutions who wish to broaden their studies in this field.
- To compile, share information and experiences with similar centres.
- To promote physical activity and motivate people to live a healthy lifestyle.
- To promote a healthy body image and self-esteem.

General Description of the Categories of Documents Held

- Manual and Protocols: Clinical pathways –Treatment of patients suffering from eating disorders and obesity
- SOPs – Standard operating procedures guiding therapists working at the DKghS

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