



WATERFORD HOSPITAL

Mental Health & Addictions Program

Acute Care Psychiatry-E3A

www.easternhealth.ca



***PATIENT
HANDBOOK***

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WELCOME TO EAST 3A

E3A is an acute care teaching psychiatric unit that includes a multidisciplinary team of Psychiatrists, Residents, Clinical clerks, RN's, LPN's, Social workers, Occupational therapists and a Psychologist.

- During a clients stay their treatment, management and progress will be discussed and reviewed by the team.
- You will be assigned to a nurse daily who will ensure that you participate in the decision making regarding your care and treatment during your stay.

UNIT SETTING

- Client rooms are mostly 4-6 bed ward-rooms. There are three single rooms that are assigned based on client needs.
- Please respect the privacy of each client. We ask that you visit with each other in the lounge and not in your room.
- Male and female co-clients are strongly discouraged from visiting with each other outside of common areas.

Tidiness

- All clients are responsible and expected to clean up after themselves. Please keep your area around your bed tidy, put refuse/wrappers in the garbage.
- No clothing is to be left on floor.

Some points to remember:

Staff on E3A are required to safeguard the health and safety of clients in their care.

- All items brought onto the unit must be checked by nursing staff.
- Patients have various levels of observation during their admission. If you have unrestricted privileges you must check into the unit on the half hour (0930,1030)
- All clients must sign out prior to leaving the unit.
- Vending machines are located on the second floor next to the cafeteria.
- The Waterford Hospital is a scent free environment

NOTES:

- Groups offered: Relaxation, Addictions, Anger Management, and Life Skills.
- Please speak with your nurse and see the board on the wall in the corridor for an explanation of groups and times.

SECURITY ITEMS

- There are a number of items that clients are not permitted to keep during their stay on the unit.
- These include knives, scissors, glass bottles, razors and other items that may be considered a risk.
- Please do not bring valuables to the hospital and electrical equipment must be checked by staff prior to use.
- No recording devices or photographs are permitted to be taken at anytime.

Money

- Clients are advised not to have large amount of money in their personal possession.
- The hospital is not responsible for lost or stolen money or items.
- An account can be set up through Patients Trust which will keep your money safe. You can withdraw money from that account as you need on a daily basis.

- If you require assistance from staff, please ask.
- Please minimize belongings on the unit.
- Don't keep open food in your room.

VISITING HOURS

- We encourage family members and close friends to support you during this time.
- Visiting Hours: 11-9 pm
- Children under the age of 12 are not permitted to visit.
- Please limit the number of visitors to 2 per client.

MEAL TIMES

- Breakfast- 8:15 am
- Lunch- 11:15 am
- Dinner- 4:15 pm
- Healthy snacks and beverages are provided between meals at appointed times.

SHOWERS / LAUNDRY ROOM

- Laundry facilities are available on the unit. Clients are encouraged and supported to do their own washing.
- Hours of use 9am-11pm, please ask staff to unlock the laundry room when you wish to use it within these hours.

- There are two showers and two bathtub rooms available. Depending on your treatment plan, supervision may be required.
- It is expected that all clients shower regularly during their admission.

TV ROOM

- The TV room is accessible between 8am and 11pm. The TV is turned off at 11pm daily.

SMOKE FREE

- The Waterford Hospital is a smoke free facility.
- Please speak with your doctor or nurse to explore smoking cessation options while you are in hospital.

PUBLIC PHONES

- There is one client phone available; the number is 777-3408.
- Please limit your phone calls to 15 minutes per call, as other clients may be waiting to use the telephone.

HOSPITAL CHAPLAIN

- The focus of pastoral care is in the caring for the human spirit. Pastoral care providers are integrated members of your treatment team. A visit from pastoral care can be a routine part of your hospital stay.
- Please speak with your primary nurse if you would like a chaplain to visit.

ACTIVITIES/CRAFTS

- Therapeutic Recreation provides daily activities that will enhance your recovery.
- Peer support is also offered weekly or as needed by CHANNAL.

GROUPS

- E3A promotes a *Recovery Model* approach to their care. To ensure clients benefit fully from their stay we expect that clients participate in the groups that are available on the unit. This will provide a comprehensive treatment plan that will aid in your recovery and wellness.