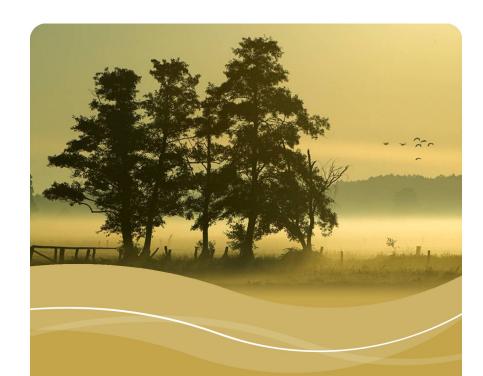


WATERFORD HOSPITAL

Mental Health & Addictions Program
Acute Care Psychiatry-E3A

www.easternhealth.ca



PATIENT HANDBOOK

WATERFORD HOSPITAL

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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: | | | |
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- 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 <u>12</u> 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.