



**South West Health**  
*Working Together for Better Health*  
Shelburne · Yarmouth · Digby

**Mental Health Services  
South West Nova District  
Health Authority**

**Inpatient Psychiatric Unit  
2<sup>nd</sup> Floor Complex B.  
Yarmouth Regional Hospital  
60 Vancouver St.,  
Yarmouth, N.S.,  
B5A 2P5**

Phone: 742-4222 or  
742-3542, Ext. 336  
Fax: 742-2320

The inpatient unit exists to provide care to mental health consumers who are unable, because of the severity of their illness, to be treated in a community setting. Most stays on the unit are short and intended to return patients to their optimal level of functioning.

This brochure will provide you with information about the inpatient unit.

## **GENERAL INFORMATION**

### Visiting:

Visiting hours are Monday through Thursday 4 p.m. to 9 p.m., Friday through Sunday and holidays 1 p.m. to 9 p.m. Children under twelve are only allowed to visit if they are accompanied by an adult. Visitors are required to check at the nursing desk when arriving and leaving the unit.

### Dress:

During the daytime hours when you are outside of your room, street clothes are to be worn.

### Hygiene:

A shower and bathtub are available between 7 a.m. and 10 p.m.

### Meals:

Patients are provided meals on the unit. Meals arrive at 8 a.m., 12 noon, and 5:00 p.m. in the dining area. Those patients who are able to leave the unit can have their meals in the hospital cafeteria which is located on the basement level. A meal voucher for meals eaten in the cafeteria is available at the nursing desk.

### Medications:

Some medications are not provided by the hospital pharmacy; any prescribed medication not provided needs to be brought in from home. All medications

are kept at the nursing station except for those that the physician has ordered to be kept at your bedside.

### Payphone:

There is a pay phone located on the unit. You are encouraged to have change or calling card brought from home. Please make your calls as brief as possible to ensure that everyone has access to the phone.

The number is 902-742-9980.

### Televisions & VCR:

A television and VCR are available for your use. This equipment can be used until 11 p.m. Sunday to Thursday and until midnight on Fridays & Saturdays. Please respect others by keeping the volume of this equipment at a setting that does not disturb others.

### Electrical Appliances:

Privately owned TV sets, computers, heating pads, electric blankets and cellular telephones are not permitted in the hospital. Electrical appliances such as; radios, razors or hair dryers must be checked by the maintenance staff before they are used on the unit.

### Laundry facilities:

A washer and dryer are available between 8 a.m. and 10 p.m. daily. Detergent is supplied by the unit. Please arrange for other supplies to be brought from your home.

### Exercise Equipment:

Physical activity adds to a sense of well being and is associated with stress reduction. Regular exercise is encouraged by the staff as a health promotion activity. Please check with nursing staff about the availability of exercise equipment.

### Smoke and Scent Free Environment:

The hospital is a smoke and scent free environment. If you are a smoker please check with your nurse about the details of this policy.

### Alcohol & Drugs:

Alcohol and street drugs are not allowed on the unit.

### Personal Property:

The hospital can not be liable for loss of or damage to personal property. It is recommended that you keep only those items you absolutely need in your room and keep cash on your person. If you are unable to leave valuables with family or friends please speak to the nursing staff about securing these items. Items which staff deem potentially harmful must be kept at the nursing station. All belongings brought to the unit will be checked by staff.

## **CARE AND TREATMENT**

### The Treatment Team:

You have been admitted to the unit by a general practitioner or a psychiatrist. Only they can discharge you.

The psychiatrist/general practitioner will attend to your medical/physical needs including the ordering of medications.

You will be assigned a primary nurse who will discuss your needs and plans for discharge with you. Nursing staff will help you deal with any immediate issues relating to your illness. You will be provided with information to help you. When your primary nurse is not on duty you will be assigned an Associate Nurse. Other members of the team may be a psychologist, social worker, or occupational therapist.

Your team of care-givers consult frequently and review your progress daily.

### Passes from the Unit:

During your stay on the unit the care team will want to assess how you are doing. For this reason you will be requested to stay on the unit until a psychiatrist decides you are able to leave the unit or go on a pass.

### Groups:

Groups and activities are organized as part of your treatment. You will be expected to participate.

### Mutual Respect:

You have the right to be treated with respect. It is expected that you return that courtesy and respect other patients' reasons for being on the unit.

If you have any questions not covered by this brochure please speak with your assigned nurse.

If you have any complaints or concerns about our service please contact.  
742-3542, Ext. 548 or Ext. 646