

## Welcome to B6/5

### About B6/5

B6/5 is an 18-bed psychiatric unit. Patients on this unit receive treatment for problems such as depression, schizophrenia, bipolar disorder, anxiety disorders, and obsessive-compulsive disorder, among others. Each patient on the unit has a private room with a private bathroom. There are three public areas on the unit for day use: an open day area with a TV, a group room with a TV, and a conference room for computer use. Two of these rooms are also used by the staff for morning rounds.

B6/5 aims to provide a safe setting for mental health evaluation and treatment. The unit offers an environment that is distinguished by respect, compassion and stability. Staff commit to serve as sources of support and empowerment. We adhere to the shared values and ethical standards of the therapeutic community. The care that we provide is both evidence-based and sensitive to your personal history. Together with your treatment team, you will develop a treatment plan to address your personal mental health goals. These goals may include:

1. Reduce distressing symptoms.
2. Develop coping skills.
3. Increase your sense of self-worth.
4. Learn skills for independent living.
5. Develop hope and resilience.
6. Enlist support from friends and family.

We encourage families to take part in the healing and stabilizing process. We believe that family includes intimate partners and close friends. You will need to fill out a consent form so that we can talk with your family. We can also set up time to meet with you and your family on the unit to

provide treatment updates, education and support. If you would like to set up a family meeting, please talk with your nurse or doctor.

### Treatment

#### Psychiatric Services

One or more psychiatrist will do a skilled evaluation of your mental health. Based on their assessment, they may make changes in your medicine or suggest other treatment.

### Groups

Many groups are offered throughout the week. These include an occupational therapy group, talk therapy group and relaxation group. We strongly encourage you to take part in these groups so you can express your emotions and learn new skills.

### What to Expect on Your First Day

Your care team is made up of your:

- resident psychiatrist
- supervising psychiatrist
- nurse
- social worker
- occupational therapist
- pharmacist
- psychologist,
- chaplain (if requested)

On your first day or the next morning, you will meet with your B6/5 care team. This meeting is called your “staffing.” The purpose of the staffing is to create a treatment plan for your care. This is your chance to discuss your concerns with your team. Your plan may include making changes in your medicines or starting a new one. It will include getting involved in daily groups with members of our staff.

We will also talk with you about plans for discharge and care after discharge.

## Daily Routine

### Treatment Rounds

The care team conducts rounds each morning. Each day between breakfast and lunch, we will meet with you. The length of time the doctors spend with you may vary. There is space in this journal for you to write down any questions you have for your team. Morning rounds are a good time to ask about your plan of care, discharge plans, and changes in your medicines.

### Nursing Change of Shift Rounds

The nursing staff will meet with you when the shifts change. You will be introduced to your new nurse and we will discuss how your day is going. Most often, this will happen between 7:00 and 7:30 am, 3:00 and 3:30 pm and 11:00 and 11:30 pm. Patients are asked to be in their rooms by 11:00 pm to get ready for bed.

### Tobacco

The UW campus is tobacco free. We encourage you to think about quitting tobacco. Nicotine patches and nicotine gum are available to help reduce cravings during your stay. We will also provide you with professional resources to help you stay tobacco free after you leave the hospital.

### Meals

We are pleased to offer you “Room Service.” This lets you to choose your meals and order by phone from the menu in your room. Please ask for help if needed. **All meals must be ordered at least 2 hours before the scheduled meal time.** You must order breakfast the day before. If you forget to order a meal, a tray will still be sent for you, but it may not be what you would have chosen.

Meals are scheduled at the following times:

Breakfast:	7:30 am
Lunch:	12:45 pm
Dinner:	6:15 pm

B6/5 patients are welcome to dine together at the dining tables.

Snacks are kept in the patient kitchen. These include fruit, saltine crackers, graham crackers, ice cream, juice, milk and caffeine-free sodas. You may call the kitchen for other snacks on the menu. The latest time you can call the kitchen for a snack is 7:00 pm. You are welcome to have family or friends bring other snacks and drinks for you if your diet is not restricted. Any food items stored in the patient kitchen and refrigerator need to be labeled with the patient’s name and the date and time the item was placed there. See your nurse or request a visit with a dietitian if you have any concerns about your diet.

### Electronics

For your safety, as well as patient privacy, some electronics are not allowed on the unit. These include:

- Cameras
- Cell phones with a camera/cord
- Laptops with a camera/cord
- Tape recorder
- iPods or CD players with headphones

Devices with cords may be charged on the unit at the nurse’s station. B6/5 has portable radios and sound machines that patients can use.

### Phones

If your cell phone has a camera, your phone will be locked up and you will not be able to use it on the unit.

**On admission, write down your numbers that you would like to call so you will be able to find them during your stay.** There is a cordless phone in your room for local and long-distance calls. You can use the phone free of charge. Instructions on how to use the phone are posted by the phone base. If you have any problems dialing a number, ask your nurse for help.

### **Parking**

Patients always have free parking in the main hospital ramp. One parking pass can be issued to a primary visitor for the length of admission. B6/5 staff does not issue parking passes or validate parking tickets. The information desk near the hospital entrance will help with your parking needs.

### **Visiting Hours**

Visiting hours are from 8:00 am to 9:00 pm daily. Children 17 years old and younger may visit on B6/5 if they are supervised by an adult visitor.

### **Groups**

Getting involved in group work is a vital part of your treatment. You will find a schedule of daily groups posted on the board in the day room. Staff members from pharmacy, occupational therapy, psychology, nutrition services and nursing lead the groups. Nurses offer a Community Meeting in the morning and a Relaxation group in the evening. Group topics include medicines, coping skills, life skills, communication skills and planning for discharge.

Occupational therapy (OT) is a form of therapy that is offered in many different health settings as well as in schools and the community. As with any therapy, the goal is to help people gain skills and function better. Mental health occupational therapists use many activity-based methods in therapy.

On B6/5, OT is done in groups and the focus is mental wellness. OT is not psychotherapy and you will not be asked to disclose deeply personal information. OT is not “arts and crafts,” though the therapy may include art activities.

### **Volunteer Activities**

There are times when it is good to take a break from the hard work of therapy. The volunteer activity group is a time when patients can choose an activity to do together with the help of a hospital volunteer. Some group activities are:

- Bingo
- Crossword puzzles
- Card Games
- Movies
- Board Games
- Scrabble
- Sudoku
- Relaxation

### **Free Time**

Unless there is a scheduled group, or your doctor or nurse have asked you to meet with them, you are free to relax on the unit. B6/5 has a TV area in the large open common room. We have movies and games to borrow.

### **Important to Know**

1. Nurses will check all belongings and items you or your guests bring into the unit. Please try to only bring enough items for three days. Valuables can be sent to the hospital safe; but, it is best if you send them home.
2. Devices with cameras (such as cell phones, tablets, and laptops) and tape recorders are not allowed on the unit. We will ask you to send these items home, or we will lock them up until you leave.

3. The TV in the open day room can be used until 11:00 pm.
4. Your nurse must OK any exception to visiting hours. All evening guests need to leave by 9:00 pm. If your support person plans to spend the night, please talk to your nurse as early as you can.
5. All prescribed medicine from home will be locked up during your stay here. If you want to use these medicines while you are here, you must speak to your doctor.
6. You are not allowed in other patients' rooms. You can spend time with other patients in one of the lounges.
7. We suggest that you eat all your meals in the dining room.
8. Please change your bed sheets as needed. Extra sheets are stored in the cabinets by the nurse's station. Laundry bags are for hospital laundry only.
9. There is a washing machine and dryer near the nurse's station for your use, free of charge. Please keep track of your laundry. The hospital is not responsible for lost laundry or other valuables.
10. After you leave the hospital you are not allowed to return to the unit as a visitor for at least one month.
11. Violent behavior and destruction of property are not allowed.
12. Threats, offensive language and verbal aggression are also not allowed.

### **Discharge**

The treatment team will discuss a discharge date with you. Discharge instructions will include scheduled follow-up visits, emergency contact phone numbers and a list of your medicines. You will be seen by a pharmacist about your prescribed medicine. You will meet with your nurse about all other discharge issues.

## Staff

My attending doctor's name is: \_\_\_\_\_

My resident doctor's name is: \_\_\_\_\_

My primary nurse is: \_\_\_\_\_

I also work with these nurses: \_\_\_\_\_

\_\_\_\_\_

The psychologist I will work with in groups is Dr. Deborah Stec.

My social worker is: (circle one)      Thom              Karen

The nurse manager is Rachel Edwards.

The occupational therapists that I will work with in groups are Tisha, Emily, and Cassie

Students I am working with include: \_\_\_\_\_

\_\_\_\_\_

## Hospital Day 1

My diagnosis is: \_\_\_\_\_

My medicines are: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My off-unit privileges are: \_\_\_\_\_

My anticipated discharge date is: \_\_\_\_\_

Things that need to happen before I am discharged: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My questions/concerns for the doctors are: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Things I need to do today: \_\_\_\_\_

\_\_\_\_\_

Groups I attended today are: \_\_\_\_\_

\_\_\_\_\_

The most important thing that happened today: \_\_\_\_\_

\_\_\_\_\_

Something I feel good about accomplishing today: \_\_\_\_\_

\_\_\_\_\_

## Hospital Day 2

Things I need to do today: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Things I need to ask my doctor: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Groups I attended today: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The most important thing that happened today: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Something that I feel good about accomplishing today: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





## **Patient Rights**

As a patient you have rights. Our staff will review these rights with you. You have the right:

- To be informed orally and in writing of your rights.
- If you agree to voluntary admission, you can submit a written request of discharge to your attending doctor. Your discharge request will be honored unless the Treatment Director files a statement of emergency detention with the court within one business day of your request.
- To be given a copy of patient rights section of the statute upon request.
- To prompt and adequate treatment and services.
- To be informed and involved in planning your treatment and care.
- To the least restrictive treatment needed for your care.
- To refuse to perform labor that is of benefit to the hospital.
- To send and receive sealed mail.
- To refuse all medicine and treatment except as ordered by the court.
- To be free from unnecessary or excess medicines.
- To be free from restraints or isolation, except in emergencies.
- To not be subject to research without your expressed informed consent.
- To worship while in the hospital, or to be free from worship.
- To a humane environment.
- To confidentiality of all treatment records.
- To access your hospital chart and review it with staff.
- To not be filmed or taped unless you have signed a consent.
- To make and receive phone calls within limits.
- To wear your own clothing and use your own personal items.
- To reasonable privacy while going to the bathroom and while bathing.
- To see visitors each day.
- To present grievances. This process is explained in a pamphlet given to you.
- To use your money as you choose.
- To be informed of any liability you may have for the cost of your care.
- To be treated with respect and dignity by all staff.
- To receive notice if any rights are denied for any reason.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6112.