

## Welcome to Inpatient Psychiatry on B6/5

B6/5 is an 18-bed psychiatric unit. We aim to provide a safe setting for mental health evaluation and treatment. Patients on this unit receive treatment for many different problems. Some of these include:

- depression
- schizophrenia
- bipolar disorder
- anxiety disorders
- obsessive-compulsive disorder

### On the B6/5 Unit

You will have a private room with a private bathroom. Our staff will offer respect, compassion and stability. We will support and empower you. We will provide evidence-based care while being sensitive to your personal history.

### Family Support

We encourage families, including intimate partners and close friends to take part in the healing and stabilizing process. 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

Together with your treatment team, you will develop a treatment plan to address your personal mental health goals. These goals may include:

1. Reducing symptoms.
2. Developing coping skills.
3. Increasing your sense of self-worth.
4. Learning skills for independent living.
5. Developing hope and resilience.

6. Getting support from friends and family.

### 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.

### Occupational Therapy (OT)

This is a form of therapy that is offered in many health care settings. 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.

### What to Expect on Your First Day

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 this meeting 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.

Your care team is made up of your:

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

## **Daily Routine**

### **Treatment Rounds**

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

### **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.

### **Tobacco**

The UW campus is tobacco free. 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. We encourage you to think about quitting tobacco.

### **Meals**

You can order “Room Service” with the phone in your room.

Call **265-0202** to connect you with the cafeteria. Remain on the line until someone

answers. You may also use the Let’s Eat application in the MyChart bedside iPads.

Meals and snacks are at the following times: (order 2 hours before scheduled time)

Breakfast:	7:30 am
Snack:	10:00am
Lunch:	12:45 pm
Snack:	3:00pm
Dinner:	6:15 pm

Fruit, saltine crackers, graham crackers, ice cream, juice, milk and caffeine-free sodas are stocked in the unit kitchen. Feel free to ask a nurse if you would like something.

You are welcome to have family or friends bring other snacks and drinks for you if your diet is not restricted. See your nurse or request a visit with a dietitian if you have any concerns about your diet. **Coffee needs to be ordered through the kitchen.**

### **Electronics**

For your safety, as well as patient privacy, some electronics are not allowed on the unit. They will need to be locked or sent home. These include:

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

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

### **Phones**

If your cell phone has a camera, your phone will be locked up at the nurse’s station.

Patients can use their phone 2 times in a day: between 8:00am-3:00pm, and 4:00pm-11:00pm.

**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 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.

**To dial out of the hospital:**  
dial 1-1-area code-number

### **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 your stay. 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. Your nurse must OK any exception to visiting hours. If your support person plans to spend the night, please talk to your nurse as soon as you can.

### **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.

### **Volunteer Activities**

The volunteer activity group is a time when patients can choose an activity to do together to take a break from the hard work of therapy 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.

### **Common Areas:**

The TV in the day room can be used until 11:00 pm to watch movies, TV, and play on the PS3 or Wii pending safety. Patients are asked to be in their rooms by 11:00 pm to get ready for bed.

### **Laundry**

You will have cloth laundry bags in your room on the back of the chair. These are for hospital laundry only. You can use laundry baskets for personal laundry. There is a washing machine and dryer near the nurse's station for your use, free of charge. The hospital is not responsible for lost laundry or other valuables.

### **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. 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.
3. You are not allowed in other patients' rooms. You can spend time with other patients in one of the lounges.
4. After you go home you are not allowed to return to the unit as a visitor for at least one month.
5. Violent behavior and destruction of property are not allowed.
6. Threats, offensive language and verbal aggression are also not allowed.

### **Discharge**

The treatment team will discuss a discharge date with you. You will be seen by a pharmacist about your prescribed medicine the day of discharge, and your nurse will review discharge instructions with you.

## 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 and the therapist is Heather Schneider.

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 Devin.

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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

[illegible]



## 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 © 6/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6112.