

Admission Patients may be admitted to our unit in two ways:

Voluntary admission is requested by individuals who acknowledge that they need help.

- ▶ Voluntary patients can ask at any time to be discharged. Discharge is not immediate. Discharge is a collaborative process between you and your physician. You must make your request for discharge in writing.
- ▶ Upon receiving your application for discharge, the psychiatrist will discuss your treatment plan with you. Discharge is always the result of a discussion between the patient and the psychiatrists. Staff caring for you on the unit do not have the ability to make a decision about your discharge.
- ▶ Typically, the patient and the psychiatrist mutually agree upon discharges. A psychiatrist will not agree to a request for discharge without seeing a patient in person. After the patient completes a request for discharge, the hospital must discharge a patient within five business days. Most patients requesting discharge are released prior to the end of five business days.
- ▶ If the doctor believes you are high risk of harming yourself or others, the physician can file a petition in court to ask to keep you past the five days. If this happens, there will be a court hearing. The facility will continue to hospitalize you while waiting for this hearing (see Rights of the Voluntary Patient for further information).

Involuntary admission refers to patients who are admitted as a result of an emergency petition and certification.

- ▶ Individuals will only be admitted involuntarily if, due to a mental illness, a doctor believes the individual will harm themselves or others, or if the individual is unable to care for themselves.
- ▶ Those admitted involuntarily must be discharged either by the psychiatrist or by the court.
- ▶ The court hearing cannot be postponed more than 15 days, except upon your request (see Rights of the Involuntary Patient for further information).

Anyone who is admitted to a psychiatric facility, whether voluntarily or involuntarily, is required by state law to be reported to the Secretary of State's office. You may lose your Firearm Owner's ID card and access to guns.

We are committed to providing compassionate, effective and high-quality care on the Adult Psychiatric Unit. In order to do this, we must provide a safe and confidential environment for every person staying, visiting or working on this unit.

You may call **788-3505** and ask to speak with the charge nurse for more assistance.



Your Stay on the
Adult Psychiatric Unit
at Memorial Medical Center



Unit Expectations

Visiting hours

There will be no exceptions to the designated visiting hours, which are 4–8 p.m. on weekdays and 1–8 p.m. on weekends. No visitors are permitted to stay overnight on the unit. No children under 18 years of age can visit the psychiatric unit.

Visitors are not allowed to bring anything on to the unit, including cellphones.

Safety

All individuals admitted to the psychiatric unit are given a safety examination, which includes the inspection of all items brought by the individual to the unit.

- ▶ For your safety, two staff members will observe while you change into hospital attire.
- ▶ To make you feel more comfortable, you will be able to choose the gender of the staff members who will be assigned to help you.
- ▶ You will be provided with as much privacy as possible, but staff must be able to fully examine your person and ensure you have nothing that could put you in danger of harming yourself or someone else.

A safe environment is essential to the well-being of our patients and staff. Verbal threats or violent behavior towards staff will not be tolerated and law enforcement may be contacted. We will work with you on your safety plan.

Personal items

We encourage you to not bring items with you to the unit. All belongings are to be sent home with a family member or friend. Anything not able to be sent home will be examined for safety and stored in a secure location on the unit until discharge. Valuables/medication not sent home will be stored in a safe in the Security department.

All personal items, including undergarments, will be stored until discharge. Patients will be given the following hospital attire and hygiene supplies to use during their stay:

- ▶ Scrub pants and shirt
- ▶ Light jacket
- ▶ Shower shoes
- ▶ Slip-resistant socks
- ▶ Soap, shampoo, lotion, comb, brush, toothbrush, toothpaste
- ▶ Towels and washcloths

Patients and visitors are prohibited from having or using their personal cellphones or any electronic device while on the unit. This rule is intended to maintain confidentiality of all individuals on the psychiatric unit.

We encourage you to retrieve important numbers from your phone and write them down before coming to the unit. Unit phones will be made available to you between the hours of 7 a.m. and 10 p.m. Phone usage outside of these hours is not allowed to maintain a quiet environment for patients and to encourage good sleeping patterns.

Substance use

No nicotine products can be used while in the hospital. This includes but is not limited to cigarettes, chewing tobacco, E-cigs, or vapes. If you use one of these products, please let the nurse know and he or she will provide you with nicotine replacement.

No contraband—including marijuana, alcohol, cigarettes or anything that could be perceived as a weapon—is allowed on the unit. This includes access to your own prescription medication. Visitors will be restricted if any contraband is found.

There is limited use of opioid medications for pain management on the psychiatric unit. Staff encourage cognitive behavioral therapy and non-pharmacological approaches including warm blankets, additional pillows or cool washcloths to manage pain and keep you comfortable. Ask to review the non-pharmacological pain management brochure for further information.

Psychiatric providers will not prescribe pain medication or write prescriptions for pain medications at discharge. Your primary care provider or a pain specialist will help to manage any concerns of pain on an outpatient basis.

Planning your care

While you are a patient on the psychiatric unit, you will be unable to leave the unit for any reason unless accompanied by staff for further medical testing.

A psychiatrist will examine you every 24 hours once you are admitted. You will likely not see a psychiatrist on the same day of admission if you are admitted after 7 a.m. You may not receive your regularly scheduled medication immediately upon admission. The physician will want to examine you before ordering or changing medications. Expect a delay in the first dose of your medications.

We expect that you will be an active participant in your plan of care. This means that you will collaborate with your psychiatrist, therapist, social worker and nursing staff to develop goals for your stay, as well as plan for discharge, and that you will participate in group therapy.

Besides information we are mandated to report to the State of Illinois, we will share no information about your care or whereabouts with any individual without written consent.