



# WELCOME

## Welcome

We understand that hospitalization can be a stressful time for patients and their families. It is our hope that your hospitalization will be successful and brief. This pamphlet contains basic information that may be helpful for you and your family. If you need additional information, please do not hesitate to ask any staff member.

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## The Admission Process

1. Upon admission to Hampstead Hospital, each patient (or guardian) will meet with the Admissions Department to gather preliminary admission information. Patients will be given information regarding patient rights during the admission process.
  2. A photograph will be taken upon admission for patient safety purposes of identification for routine medication administration.
  3. The patient (and guardian, if applicable) will be taken to their specific patient care unit for treatment. In order to provide a safe environment for all patients, nursing staff will search all patients' clothing and belongings to remove any potentially unsafe items.
  4. Each patient will be given a wristband with his or her full name and date of birth. The next step in the process requires a nurse to assess the patient's nursing care needs, psychiatric condition, and anticipated medication management needs.
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## What to Bring to the Hospital

### Clothing

Patients should wear comfortable, casual clothing. We suggest you bring a few changes of clothing for both day and night. Clothing with long strings or ties such as bathrobes, drawstring pants, sweatshirts with ties at the neck, and belts, are not allowed in the hospital. Please be aware that if you bring these items, staff will remove the ties. Please mark all clothing and personal items with your name.

### Medication

Please bring an up to date list of all the medications you are currently taking.

### Personal Belongings

Hampstead Hospital is not responsible for personal items, including eyeglasses, dentures, or retainers. Patients are advised to leave valuables, including jewelry, at home and not to carry more than \$10 in cash.

### Restricted Items

Restricted items include, but are not limited to, the following: weapons, drugs and drug paraphernalia, belts, clothing with long strings, scarves or neckties, plastic bags, lighters/matches/cigarettes, glass containers, soda cans, personal computers, and beepers.

Other items may be deemed potentially hazardous in this environment and may be required to be stored in a locked area or sent home. Check with staff for further information.

## **Personal Care Items**

Patients may bring the following items to use for their personal care: toothbrush, toothpaste, shampoo, soap, deodorant, hairbrush, hairdryer, electric shaver, eyeglasses, and contact lens care materials. Please bring along any medical equipment you may need such as a CPAP machine, cane, and hearing aid. These items may be required to be stored in a secure area when not in use.

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## **Patient Safety**

Keeping each person safe while in the hospital allows us to provide the clinical care necessary to support the patient's return to the community. Patient and family participation is an important part of safety. Please let a staff member know if you or a loved one is feeling unsafe.

The Joint Commission has established National Patient Safety Goals for hospitals and Hampstead Hospital is committed to meeting these goals.

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## **Treatment Team**

Hampstead Hospital is committed to patients receiving individualized treatment from a multidisciplinary treatment team comprised of a psychiatrist or psychiatric nurse practitioner, nurse, social worker, and counseling staff. Other specialists including psychologists and internists are included in the treatment team, as needed, to assist in providing comprehensive care to the patient and family.

Hampstead Hospital encourages active involvement by the patient and collaboration with the family and multidisciplinary treatment team to ensure treatment success.

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## **Patient Advocate**

Hampstead Hospital's Patient Advocate is available for concerns regarding patient care and treatment. If you have a concern that is not being addressed by your treatment team, please request to speak with our Patient Advocate. You can be your own advocate by sharing with us what coping skills you use when you are in distress.

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## **Seclusion and Restraint Philosophy**

Hampstead Hospital is actively trying to eliminate the use of seclusion and restraint, although in an emergency situation, when there is a danger of harm to self or others, these options may be utilized as a last resort. Our philosophy regarding seclusion and restraint is that it is not therapeutic and not a clinical intervention. Seclusion and restraint is used only in safety emergencies as a last resort when all else fails.

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## **Smoking**

For the health and safety of our patients, staff, and visitors, smoking is prohibited within the hospital. Patients on the secured units are not allowed to smoke while hospitalized at Hampstead Hospital. Please speak to your nurse or provider if you will require support to stop smoking during your hospitalization.

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## **Visiting Hours**

Please refer to your specific patient care unit's policies regarding visiting hours.

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