

## Passes

Please talk to your nurse and doctor if you need to leave the hospital for any reason or want to go home for the weekend. You need your doctor's approval 2 days before you would need the pass. Please inform staff when leaving and returning from pass.

## Safety Factors

Staff will check all personal belongings brought to the hospital. Disallowable items include street drugs, alcohol, glass containers, medications, sharp or breakable items, matches, lighters, and razors. Any item of potential risk will be locked up for safekeeping until discharge.

## Lights Out



Please have lights out p.m. This is to ensure a restful night's sleep for you and other patients. If unable to sleep, inform your nurse.



## Valuables

Credit cards, valuables, jewellery, and large sums of money (more than \$20.00) should be sent home.

## Observation Levels

When you are admitted, your doctor will place you on an observation level. This will change as you get better.

### Level 1:

Must wear hospital pajamas and stay on the unit at all times

### Level 2:

May wear own clothes  
Off unit only with a responsible visitor for maximum of 30 minutes  
Must remain on hospital grounds  
Must sign out in the **Sign Out Book** and sign in upon your return

### Level 3:

May wear your own clothes  
Must stay on hospital grounds  
Must not be away from the unit for more than 1 hour  
Must sign out in the **Sign Out Book** and sign in upon your return

### Level 4:

Wear your own clothes and have temporary passes up to 1 hour within hospital grounds, or can go to public places near the hospital (Tim Horton's, Dairy Queen, Petro Canada Store)  
Must sign out in the **Sign Out Book** and sign in upon your return



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## Patient Information

# Psychiatric In-Patient Unit

## Surrey Memorial Hospital

13750 - 96 Avenue  
Surrey, BC V3V 1Z2

**Phone: 604-585-5666**

### Unit Phone Numbers:

<b>4 East</b>	<b>604-585-5513</b>
<b>4 West</b>	<b>604-588-3355</b>
<b>PAU</b>	<b>604-585-5592</b>

### 4 West Patient Phone:

604-585-5666, ext. 8798

### 4 East Patient Phone:

604-581-9917

### PAU Patient Phone:

604-589-9776

# Welcome to the Psychiatric In-Patient

This brochure provides an overview of general information about the unit and services provided to support your treatment and care.

Services are provided by a multi-disciplinary team.



## HOSPITAL STAFF

### Medical Team

Your psychiatrist is responsible for your mental health care. If you have a family doctor, he/she may also be caring for you. If you do not have a family doctor, then hospital doctors will look after any medical needs you have.

### Nursing Teams

Nursing care is provided 24-hours a day. Each patient is assigned a nurse for one-to-one care of their specific daily needs.

Assessment, stabilization and health teaching are essential components in patient care.

### Other Team Members

Include occupational therapists, social workers, psychologists, pharmacists, and rehabilitation assistant.

## Medications

In treating various types of mental illness, the primary focus is on determining your needs, based on assessment and therapeutic needs, from which your care plan will be defined.

Medication prescribed by your doctor, are given at scheduled times. Please be on the unit when your medication is due to be given. It is important to know your medication, its effects, and possible side effects. Please check with your nurse for further information. Medications brought from home must be cleared by pharmacy or taken home.



## Groups

Groups are part of your treatment and you are expected to attend your assigned groups.

## Visiting Hours

Minors can receive visitor authorized  
by parent or guardians.

Visiting hours are:

**Weekdays: 4:00 pm - 8:00 pm**  
**Weekends: 2:00 pm - 8:00 pm**  
**and holidays.**

Children must be accompanied by adults

## Smoking

It should be noted that smoking is prohibited on all inpatient units within Surrey Memorial Hospital. If you are on a level of Observation with smoking access, you will need to smoke off hospital property. Assistance and support is available to help manage your nicotine withdrawal through the use of Nicotine replacement products at no cost.

## Telephones

There is a telephone for your use on the unit. Patients are responsible for answering the phone and taking messages. Please limit your calls to 10 minutes out of consideration for other patients. Use a pay phone for longer conversations. To ensure a quiet Restful environment, all phones are to be off at bedtime. No phone photography is permitted.



## Meals

Mealtimes in the dining room is:

**8:30 am, 12:30 pm and  
5:30 pm**

