

Therapeutic Leave

A 'therapeutic leave' is an absence from the hospital that your doctor approves as part of your care. A leave can be a few hours away from the hospital to as long as overnight. For more information, refer to our "Therapeutic Leave" pamphlet, or speak to your doctor or nurses.



Mental Health Act

If you were brought here 'against your will' (as an involuntary patient under the Mental Health Act), you have rights and the hospital has certain obligations. Patients have the right to challenge an involuntary admission. For more on this, refer to our pamphlet "When You Are Certified Under the Mental Health Act" pamphlet, or speak to your doctor or nurses.



Levels of Observation

This refers to how closely a person is supervised and how often they are checked by their nurse. It is based on a person's mental status as well as their safety and the safety of others.

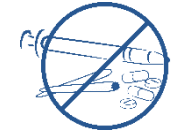
Your care team reviews with you your Level of Observation each day. You can see the restrictions and privileges of each level on the next panel.

These are the levels of observation:

Level	Restrictions and Privileges
Constant	<ul style="list-style-type: none">• Staff person constantly with patient• Restricted to unit• Hospital pyjamas• Can leave unit for diagnostic procedures, but only with a nurse or assigned staff person• No access to sharp objects unless used under supervision• No 'therapeutic leaves'
Level 1	<ul style="list-style-type: none">• Restricted to unit• Hospital pyjamas• Can leave unit to attend program activities, and for diagnostic procedures, but only with a nurse or assigned staff person• No access to sharp objects unless used under supervision• No 'therapeutic leaves'
Level 2	<ul style="list-style-type: none">• Restricted to unit• Hospital pyjamas or own clothes• Can leave unit but only with a nurse, assigned staff person or other responsible adult (such as a family member or friend)• Can have 'therapeutic leaves'
Level 3	<ul style="list-style-type: none">• Own clothes• Can leave the unit, unaccompanied, for up to 1 hour at a time• Care team might limit how often you leave the unit if they need to assess and treat you• Can have 'therapeutic leaves', unaccompanied

Substance Use

We can give you information about or refer you to substance use services and counselling.



We also offer Naloxone Kits and education for you and your family and friends.

Smoke, Vapour, and Tobacco Free Policy

All our buildings and surrounding property are smoke and vapour-free, inside and outside. No one is allowed to smoke in hospital buildings, on stairs, or outside on hospital property. This includes electronic cigarettes and marijuana.



We can offer Nicotine Replacement Therapy during your hospital stay. Please speak to your doctor or nurse if you are interested.

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Catalogue #268253 (September 2023)
For more copies: patienteduc@fraserhealth.ca

Welcome to the Inpatient Psychiatry Program

Burnaby Hospital

3935 Kincaid Street
Burnaby, B.C. V5G 2X6

Phone

Nursing Office 604-453-1952

Patient Phone Number 604-453-3018

Hospital Main Phone number
604-434-4211



Our goal

Our goal is to provide you with a safe and structured environment to support you during your hospital stay. You are a key member of your care team.

We work with you to:

- Identify your mental health issues, substance use issues, or both, and help you manage them.
- Stabilize any initial crisis.
- Make a treatment plan that meets your specific needs.
- Identify coping strategies and skills you can use when you go home.
- Make a plan for when you are discharged from the hospital.

Your team might include:

- psychiatrists
- nurses
- medical doctors
- social workers
- occupational therapists
- pharmacists
- mental health workers
- substance use clinicians
- unit clerks
- family and friends

Your role

It is important for your mental well-being and recovery that you are active every day. You can do this by taking part in these programs as often as possible:

- **Individual and family sessions**

These are meetings between you and the team to discuss your treatment and plan. Your family can also take part by being in these sessions.

- **Group activities**

These are activities run by our staff, including walks, bingo games, and mental health discussions. We talk about topics such as coping skills and mindfulness.

- **Exploring community resources**

We can connect you with community resources such as clubhouses, private counsellors, family doctors, and counselling groups.

You can also take part in your care by telling staff what your needs are and how you are feeling. Our staff can help you plan your quiet time if you need it.

Please respect the privacy and dignity of our staff members and other patients.

Your medications

Your doctor will prescribe medicines for you. It is important to learn about your medication and know why you take them. Feel free to ask questions and talk about your concerns. If you bring any medicines from home (including vitamins and herbal remedies), a doctor and a pharmacist will review them.



Your belongings and valuables

We will check your belongings when you arrive on the unit and every time you return from leave. It is best to leave valuables at home. We are not responsible for lost, stolen, or damaged items.



We do not allow some items on our unit. We will place them in a safe or send them home if we find them.

Examples of these items include:

- street drugs
- alcohol
- lighters
- mirrors
- keys
- razors
- glass containers

Telephones and electronic devices

There is a telephone on the unit for your use from 8:00 a.m. to 10:00 p.m.



Our unit has guidelines about bringing and using your own cell phone or electronics devices. Ask your nurse before bringing any electronic devices to the unit.



Note: Taking photographs or recordings on the unit is not allowed.

Visiting hours

We know that your family and friends can give important support to your recovery. Since therapy programs and assessments happen in the morning, we suggest your visitors come after the programs and assessments.



Our visiting hours:

- Weekdays 6:00 p.m. to 9:00 p.m.
- Weekends and statutory holidays 2:00 p.m. to 4:00 p.m.
- 6:00 p.m. to 9:00 p.m.

All visitor belongings must be checked at the nursing station

If you have any questions, feel free to contact our unit before visiting.