

# WARD 17 - WELCOME DOCUMENT



## Welcome to WARD 17

We are an **acute mental health ward** for **18-65** year old. In **ward 17** you can expect a welcoming and therapeutic environment for the assessment of **your mental health**. Our role is to provide an environment for you to engage in an assessment of your mental state and **work with you on the road to recovery**.

## Meet the Team

The ward 17 is a multi-disciplinary team and we work as one with you to provide the best environment for you to start to recover from your illness. Our team is made up of the following:



**Medical Team**  
led by your consultant psychiatrist



**Nursing Team**  
led by the senior charge nurse and deputy charges



**Activities Coordinators**



**Clinical psychologist**



**Pharmacist**



**Occupational therapists**



**Volunteer Staff**



West Lothian  
Health & Social  
Care Partnership



West Lothian  
Council

## What to expect when you arrive on the ward and going forward

When you arrive on the ward you can expect a warm welcome from the team. We will show you around the ward and explain where everything is.

You will be allocated a key nurse each day of your admission who will meet with you daily and will be the main staff member working with you day to day. This person may change day to day depending on shift rotations. Your key nurse will discuss with you how you are and help you to find ways to recover.

You will meet with your consultant in charge of your care generally within 24 hours of your admission. At this meeting you can discuss the aims of your admission and what you wish to achieve whilst in the ward.

You will then meet with your consultant again during your ward round once a week. This meeting is your opportunity to discuss with the team your progress and make a plan for the week going forward. Any referrals to occupational health/ psychology can be discussed with key nurse and at this meeting.



## Activities on the ward

There are several activities on the ward all with the aim of helping you recover and return to your home environment. In the lounge you will find a white board with the weekly programme on it, if you aren't sure just ask! Groups are run by the occupational therapy staff/activities staff and nursing staff. These groups will range from structured therapy groups to more social groups, all with the aim of teaching you new skills and include anxiety management, mindfulness, exercise ( gym), walking, smoothie making, cooking, healthy living.

## Visiting Times

Visiting time in the ward is 11-12, 3-4 and 7-8. Please either ask your visitors to call the ward to book a visiting slot or you can tell the nursing staff when your visitors plan to attend. We are running a booking slot simply to reduce the amount of people on the ward due to covid regulations. Please be aware that you can have a total of 3 visitor's for the duration of your visit and only 2 visitors at a time. We would ask that visitor's due not visit the ward if they have tested positive for covid or are generally unwell. We also ask that visitors do not enter the dorm areas of the ward as these are personal spaces for our patients.

## Meal Times



**Breakfast** – approx. 8:30, you will be offered a selection of cereals, juice, roll and jam/marmalade



**Lunch** – approx. 1pm, you will be offered soup, sandwich/hot meal and a desert



**Dinner** – approx. 6pm, you will be offered soup, sandwich/hot meal and a desert

Out with these times there is cereals/rolls available on the ward. You are also welcome to bring a small selection of snack foods (non refrigerable packaged food).

We run a protected meals theme in the ward, this means there are no visitor's allowed on the ward during meal times.

## What to bring to the ward

### Do



**Comfortable Clothes** – enough for a few days. We have washing facilities on the ward



**Books, crosswords, magazines etc.**



**Phone** - Feel free to bring your phone if you wish, but please be aware no filming is permitted on the ward



**Toiletries**

### Don't



**Medications**



**Aerosols**



**Razors / other sharp items**



**Vapes and Lighters**



**Plastic Bags**



**Alcohol / illicit substance**

## When its time to go home

It's an odd concept but we start thinking about discharge planning soon after admission! This is so you and your family are prepared and supported when its time to move on from the ward. We will think about community referrals for ongoing care. On discharge you will be provided with a weeks medication and a immediate discharge letter. This is for you to give to your GP who will provide any medication you require after discharge.



# WARD 17