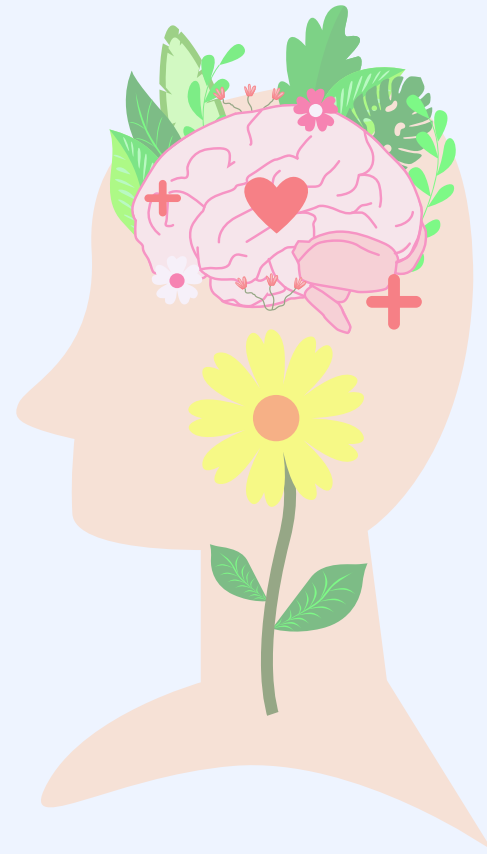


WARD 3

Older Adult Acute Psychiatry Unit



Ward 3
St Johns Hospital
Livingston
EH54 6PP
01506 523 000 (ask for Ward 3)

Senior Charge Nurse - Corina Falconer
Deputy Charge Nurse - Nathan Johnston

Consultant Psychiatrists

Dr M. Khan
Dr A. Lindsay
Dr H. Topiwala
Dr S. Roscrow
Dr. K. Howcroft





Information leaflet

WARD 3: Older Adult Acute Psychiatry Unit



What is Ward 3

Ward 3 is a 12-bedded acute mental health admission for adults 65 and over, aiming to provide a therapeutic and positive environment for those experiencing increased distress due to their mental health and those requiring additional support due to cognitive impairment.




Ward 3 operates using a lock-door policy with entry and exit from the ward being supported by nursing staff, facilitating and promoting safety and wellbeing of both those w care for and those who visit.

Admission to the ward can be an overwhelming and unusual experience, during this time you will meet new nursing staff and doctors all of whom are here to support and guide you throughout your admission.

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When an individual is admitted to the ward they will be shown to their bedroom and offered a tour around the ward.

The ward consist of:

-  A mixture of shared bays with toilet and shower facilities, 6 bedrooms with ensuite toilet.
-  Large Lounge and dining area.
-  Community Hub.
-  Relaxation room.
-  Kitchen Area.
-  Separate shower room and bathroom.
-  Enclosed patio area.

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The team

Ward 3 offers a wide range of professions often referred as the multi-disciplinary team (MDT), all who have different specialties with the aim of working together and in partnership with the individual to best support their needs and preferences all with the same goal, to promote a positive journey following discharge from Ward 3.



Consultant Psychiatrist



Ward Doctor



Pharmacists



Mental Health Nurses



Clinical Support Workers



Activities coordinators



Occupational Therapies



Student Nurses



Social Workers

Additionally, an individual may request or require further support and referrals to spiritual care, citizens advice and social work amongst others are all available to provide an overall holistic approach to care.

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[Visit Ward 3 Website](#)





Staying in Ward 3

Wards can be busy and noisy at times, and this can have an influence on the individual's behaviour such as an increase of confusion, anxiety and agitation. Things that can help reduce an individual's behaviour are:

Ensuring the ward has the individual's physical aids, such as glasses and hearing aids

Clothing that is loose fitting to ensure comfort and to help establish day and night routine

Patient items such as photographs or aids that are familiar to the individual

Personal Items

We encourage individuals to bring personal belongings to the ward although we do advise that due to our commitment to provide a safe environment some items may be kept separate to an individual's bed space. Most personal items and access to these are risk assessed on an individual basis



Mobile phones and electronic items

can be used within the ward and charging cables are risk assessed on an individual basis



Cigarettes and lighters

These may be brought into the ward with use of these being individually assessed and offered upon time off the ward.



Razor/shaving products

These are kept separately and provided upon need by ward staff.



Food and Drinks

We welcome additional food and drinks to be brought into the ward although we do ask that due to health and safety these items are kept to being storable within cupboards/fridge and are not for heating/cooking



Laundry

We ask that individual's family/carer facilitate the washing of clothing. A washing machine/tumble drier is available for use in the ADL kitchen for those who are able to do so independently

To promote safety and to safeguard an individual's belongings, items will be checked and clerked in upon admission to the ward. We also ask that visitors inform staff of any additional items being brought to the ward.



Smoking

Smoking is not allowed within Ward 3 including the patio area; this is in accordance with NHS Lothian Smoke free policy. During an individual's time within the ward the team will offer nicotine replacement therapy.



Protected Mealtimes

Ward 3 encourages all individuals to enjoy their meals within the dining area and supports this in line with NHS Lothians protected mealtimes policy. Mealtimes within the ward are:

0800 - 0900



1200 - 1300

1700 - 1800



Patient Washing/Toiletries

Ensuring the individual has basic toiletries available enables them to maintain good hygiene, reduce the risk of infection and can help prevent pre-existing conditions from worsening.

Provide individuals with toiletries they would need (shampoo, conditioner, deodorant, tooth brush/paste etc.).

Washing is the responsibility of the individual/family. This can be collected when you are visiting the individual.





Time off the Ward and Visiting

Time out with the ward

Due to varying reasons an individual may be unable to leave the ward, although this may feel frustrating and unnecessary this decision is made by the MDT with the individual's safety and recovery being the focus.

We strive for this period to be as short as possible and will always work with the individual to achieve this goal as quickly as safe to do so.

Time off ward with family/carers

The hospital holds some activities that can be attended off the ward within the hospital.

The Meaningful Activities Centre holds a dementia café on a Friday.

This enables you to spend time with your family member. This can be arranged with ward staff.

Visiting

As a team we encourage and welcome visitors within the ward. At present visiting remains in line with NHS Lothians visiting policy which takes into consideration current COVID-19 guidance. Due to the changing nature of this guidance ward staff will keep you informed and support you to organise visitors.

If an individual requests a child or young person to visit the ward this may not be possible although each request is individually assessed and the individual and their visitors will be fully informed of the decision.

Visits from friends and family take place within the ward's community hub; this offers a quiet and private area for an individual to enjoy time with their visitors.

Call the ward and book a visit, this is to help reduce overcrowding within the ward.

We have a quiet room available for individuals and families to use during visit times

You can use time off ward with individual if applicable

Please ask Ward staff for further information/requests surrounding visiting

We ask that no more than two visitors at one time - to help avoid an over stimulating and noisy environment and overcrowding in shared patient care areas

Visiting Hours



1400 - 1500

1500 - 1600

1900 - 2000

Protected mealtimes



Breakfast 0800 - 0900

Lunch 1200 - 1300

Dinner 1700 - 1800

Patient Food

Food is prepared within hospital for patients to offer a healthy and balanced diet. We have an obligation to ensure food brought onto the ward is appropriate to help reduce the risk of food poisoning and food borne illness, infection, and any unwanted interaction with medications.

Any food brought in should be appropriate for the individual's dietary needs. We advise if food is brought onto the ward that it is sealed foods where possible. The ward does not have the facilities to store or heat up any food that is brought in for patients.

Information regarding DNACPR

Planning ahead, for DNACPR enables the patient/family/carers to have a say in what happens for sudden health changes. Talking about DNACPR enables us to:

Help manage changes in the individual's health and wellbeing

Have a set plan in place if the individual becomes unwell or an emergency situation arises

Cardiopulmonary resuscitation decisions: information for patients, relatives and carers - gov.scot (www.gov.scot)

Rights and Resources

Some Useful Information



Whilst an individual is admitted to Ward 3 they may be detained under the Mental Health (Care and Treatment) (Scotland) Act 2015. When detained in hospital it can often feel like an individual's rights and autonomy are being limited.

Ward staff are here to support you with the impact of being under detention and additionally a wide range of independent resources are available to you.

This include:

**Legal aid
Mental Health
Lawyers**

**Independent
advocacy**

**Mental Welfare
Commission for
Scotland**

As a team we encourage individuals to utilise these resources and seek support from those out with the MDT. Contacts for these resources are available within the ward; please ask ward staff for support to access these.

Advice and support is also available for those who are acting on behalf of those who may lack capacity, whether this be a Named Person, Power of Attorney or Guardian

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Mental Welfare Commission for Scotland

Offer a range of online resources and advice specialising in rights and good practice to do with mental health and incapacity law, and care treatment

mwscot.org.uk

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Carers of West Lothian

Provide information, advice and a listening ear whenever you want to talk. They offer 1:1 or group support. They can provide help with managing your caring role alongside your own life, work and interests along with help managing your finances, ensuring you are accessing all relevant benefits

[01506 448 000](tel:01506448000)

carers-westlothian.com

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Alzheimer Scotland

Provides support to people with dementia, their families, carers and friends. Alzheimer Scotland provides a range of resources including: Resources centres, cafes and groups. The details of which can be found on their website

[01506 533 108](tel:01506533108)

alzscot.org

[Visit Ward 3 Website](#)