

# Pre-admission information

For service users, carers and families





# Welcome to the National Inpatient Centre for Psychological Medicine (NICPM).

The following information has been compiled by patients and staff.

The NICPM is an eight bed mixed gender unit based at Leeds General Infirmary. We provide specialist care and treatment to patients experiencing a range of physical and psychological symptoms. We aim to engage patients in a programme of rehabilitation to meet their individual needs so they meet their full potential and move towards recovery.

Prior to admission, a team member will contact you to discuss your current presentation and symptoms. If possible patients and their families or carers are invited to visit the unit prior to admission in order to address any concerns regarding admission. This may not be possible for every patient due to the severity of their needs and they may therefore choose a family member, carer or friend to visit the unit on their behalf.

Every admission is carefully planned in so we can understand your individual care needs and ensure that we provide a smooth transition from the home environment to the unit.

Care is delivered by members of the multidisciplinary team (MDT) which is made up of health professionals from different disciplines. These include doctors, nurses, occupational therapists, physiotherapist, cognitive behavioural therapists, pharmacists and dieticians. Patients admitted onto the unit are introduced to their team of staff, who will work with them closely during their admission. Patients meet regularly with their team to plan and discuss their care needs throughout their time on the unit.

The first two weeks are spent settling onto the unit with the patient getting to know the staff and maintaining their current activity levels. Staff will ensure care and support is provided to match support and care given at home. During this time staff will work with the patient to understand their needs and identify areas of concern to address during their admission.

After two weeks has passed, the MDT will meet and discuss with the patient a plan of care to address the patient's individual care needs. Once discussed with the patient, care plans are agreed and copies provided. Care is reviewed weekly with the patient and the MDT.

Patients are provided with an individual care package and this will indicate whether a patient is able to access unit facilities. We are fully aware that some patients may need to remain in their rooms due to the severity of their condition and require additional support.

The MDT is supported by the unit administrator who carries out all administration tasks on the unit, and the housekeeper who is responsible for the general cleaning and catering.

## Therapeutic Groups

Group therapy plays an important part of treatment offered at the NICPM as part of an individual rehabilitation programme. For those patients able to attend, groups are held regularly through the week. We endeavour to reflect the needs and interests of the current patients into the group programme. Groups include relaxation, sleep, anxiety, pain, music, cooking, gardening, art and craft and current affairs.

## Family/Carers Support

Our staff welcome contact with family members and carers (with patient consent) to help in understanding the care needs. We recognise the impact illness can have on the lives of family members and carers. Staff are here to support family and carers in accessing appropriate information and advice to meet their needs.



## Meals

Patients have a range of menus to choose from depending upon their specific dietary needs. We endeavour to support patients in accessing appropriate food choices to benefit their rehabilitation and recovery. Patients are able to bring in a small supply of food items to store in the kitchen fridge.

Due to us being part of a large teaching hospital, meal times are fixed at 12.30pm for lunch and 5pm for evening meal. Breakfast is available from 8am to 9.30am with snacks available throughout the day if required. A staff member is present for lunch and evening meal, with patients in the dining room, in order to promote a positive therapeutic experience.

## Refreshments

A selection of hot and cold drinks are available throughout the day.

## Medication

Patients are required to provide staff at NICPM with their current medication on admission. Medication will then be dispensed by the nursing staff during the day at set times of 9am, 1pm, 6pm and 10pm. This is to ensure the correct dispensing of medication and to make sure that staff are available to meet the needs of all patients.

## Environment

Patients are provided with their own individual bedroom with sink unit. Bedrooms are furnished with an electric profiling bed, wardrobe, bedside cabinet, table and armchair. Patients are able to bring a small amount of personal items from home including pictures and photographs to display in their rooms if they wish to. Bed linen and pillows are supplied alongside towels.

## Bathroom Facilities

The unit has three bathrooms:

- Shower Room - with level access shower, adjustable sink and toilet with grab rails.
- Main Bathroom - with supported bath, adjustable sink and toilet with grab rails.
- Small Bathroom - with standard bath and sink.

Due to the size of the unit it is not possible to have gender specific bathrooms. However,

we aim to ensure respect for the dignity and privacy of all of our patients. We would encourage you to speak to staff if you feel this is ever compromised. We would ask that patients ensure they are suitably dressed at all times to promote a respectful and appropriate environment.

## Smoking

The NHS promotes a smoke-free environment and therefore smoking is only permitted outside the hospital grounds and between the hours of 7am to 8pm. Patients are expected to make their own way outside to the nearest entrance where smoking is permitted.

Patients are not permitted to smoke devices that emit vaporised nicotine for inhalation, such as electronic cigarettes, whilst they are in hospital or in hospital grounds. Staff are unable to provide escorts for patients to smoke. Smoking cessation advice and support is available to all patients during their admission.

## Laundry Room

A washing machine is available on the unit for patients with washing powder provided. An iron, ironing board and clothes airers are also available. Staff can provide support where required.

## Communal Areas

Patients have access to lounges and a conservatory to relax and engage socially with each other. A female only lounge is available at all times for female patients if required.

## Mobile Phones

The use of mobile phones is permitted on the unit. We request that mobile phones be turned off during sessions with staff and during therapeutic groups. We aim to ensure the general volume of noise on the ward promotes a restful environment, particularly early in the morning and at night. We appreciate your co-operation in this regard.

## Internet

The unit does not currently provide Wi-Fi internet access for patients. Patients may wish to make their own arrangements with an appropriate provider, purchase a "dongle" or access the free wifi service offered by Leeds City Council.



## Visitors

Visiting times on the unit are from 2pm to 4pm and 6pm to 8pm. Please be aware that groups and individual work with your key team may still be arranged during these times. In exceptional circumstances visitors may be permitted to visit outside these hours, after discussion with the nurse in charge.

We welcome children to visit patients on the unit, however children should be accompanied and supervised by a visiting parent or adult at all times. Visitors may see patients in their bedroom or in the conservatory area.

## Car Parking

We are based in the Brotherton Wing of Leeds General Infirmary (LGI). The address is Great George Street, Leeds LS1 3EX. The hospital has limited parking spaces for visitors. There is a multi-storey car park close to the Leeds General Infirmary A&E entrance. Various roads around the hospital site have pay and display options and there are many large secure car parks nearby in the city centre. Disabled parking spaces are available around the site.

## Shops

Inside the hospital there is a shop opposite the unit which is open on weekdays 9am to 4pm. There is also a shop and a coffee bar in the Jubilee Wing with longer opening hours.

## Get in touch

We hope you have found this information useful.

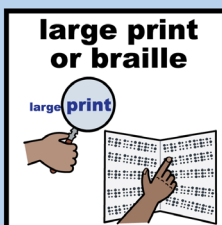
If you require any further information about the unit please contact a member of the NICPM.

Call us on: **0113 392 7140**

Email: **[nicpm.lypft@nhs.net](mailto:nicpm.lypft@nhs.net)**



## We can offer you this information in:



Please contact Interpretation and Translation Support Team:

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