

Naval Medical Center Portsmouth



Patient Information Brochure Ward 5E/5F

Patient Phone Numbers:

Ward 5E

(757) 953-5506

(757) 953-5507

Ward 5F

(757) 953-5504

Patient Privileges and Expectations

What to Expect?

While you are here, you will probably have a lot of questions regarding your care, length of stay, discharge plan and more. Please feel free to discuss these or any other concerns with the treatment team and your assigned staff member.

Due to limited seating, patients will be allowed two visitors each. Visitors must remain in the day-room at all times and will be asked to leave if any inappropriate behavior is displayed.

The Treatment Team meets with each patient every business day (Monday-Friday). You will be assigned a staff member each morning and evening to sit down and have a private 1:1 discussion of how you are doing that day and to answer any questions you may have.

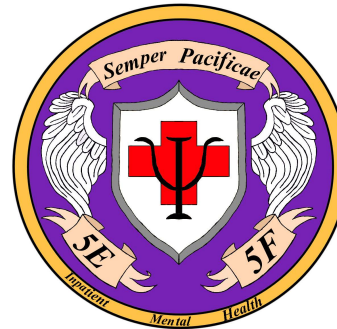
During your time on the ward, you will be attending various groups/classes. The groups are designed to aid in education of individuals based off your assigned track.

The classes/groups for each track are designed to assist patients with subjects of: Stress reduction, life skills, and development of new coping strategies.

“There is hope, even when your brain tells you there isn’t.” — John Green

Expectations for Level I and II

1. Participate in Treatment Team /group therapy.
2. Be honest and respectful with staff / other patients.
3. Follow the rules of the ward and UCMJ.



Level I Privileges

1. Participate in groups.
2. May be escorted by inpatient mental health staff to essential medical appointments. Patient must remain in hospital attire. (Staff will always remain with the patient in line of sight while off unit).

Level II Privileges

1. Patient will wear uniform of the day.
2. Patient may be escorted off the ward with staff. For further levels please ask a staff member (Track A only).

The Tracks (A, B, and C) are assigned based on admission diagnosis. Please feel free to ask a staff member about which track you are currently assigned and what that means for your treatment and the wards leveling system.

If you have any questions or concerns, please don't hesitate to ask a staff member!

Rules of the Wards

Visitation Policy

Visiting Hours:

Monday-Friday 1630-1830

Saturday-Sunday and Holidays 1430-1830

Family visitation for children under 18 will be considered on a case-by-case basis, please contact nursing station for any questions.

*Chain Of Command (E5 and above) in uniform are authorized to visit outside of visiting hours for official business.

1. No outside food or beverages are permitted on the ward.
2. Cell phones are not allowed to be used on the ward by patients or visitors.

****Phones numbers may be retrieved from cell phone in presence of staff. ****

Rules of the Wards

Patients are expected to attend all assigned groups and remain in the day room between groups.

- **Morning Community is hosted by staff members at 0730 on weekdays and 0900 on weekends.**
- **Evening Community is hosted by staff at 2000.**

Hygiene times are as follows:

Weekdays 0545 - 0730 and 2000 - 2130

Weekends 0815 - 0900 and 2000 - 2130

Hygiene kits can be checked out between reveille and morning community, after PT, and after evening community.

Patients must wear all hospital attire (trousers, blouse jacket, and non-skid socks) during the day with jacket buttoned while in dayroom.

Level II and above patients will wear the uniform of the day from 0700 to 1600 after which civilian attire may be worn. If you are active duty and advance to Level II, but do not have your uniform, hospital attire must be worn.

Military members are to maintain grooming standards in and out of uniform once advanced to level I or higher. For safety patient will be observed by staff while shaving.

Please keep phone calls to a maximum of 15 minutes so all patients may have an opportunity to use the phone. To dial a local (757) number press 9, followed by the full number. All numbers outside of the local area dial 9, then 1, followed by the full number.

Phones are secured when groups are being conducted.

Please keep feet off ward furniture.

Please do not lay on floors, including in your rooms. Please keep water cups with you.

Certain items are prohibited in patient rooms including but not limited to:

Writing utensils, food, or beverages (with the exception of water) hair ties, hygiene items outside of designated times.

Please do not loiter at or near the nurses' station. Your privacy and that of other patients is important to the staff. Please clean up after yourself, to include keeping linens off the floor, making your bed, and removing all personal papers, items, and trash from the day-room. **Non-skid hospital socks are to be worn at all times while on unit.**

Do not enter any other patient room for any reason. Do not take / share food that belongs to other patients. Use of profanity or any other offensive language is prohibited.

You can find the schedule of daily groups posted on the white board in the day room.

You must fill out a menu from the nursing station every day to ensure your meals are ordered.

Use the item sign out log to checkout items from the nursing station including games, hygiene kits, and writing utensils.

Leisure activities on the ward may begin by 1600.