Patient and Family Information

Centre for Geriatric Psychiatry

A4-150 McTavish Avenue East
Brandon, MB R7A 2B3
Phone: 204-578-4560
Patient Line: 204-578-4561

IT’S SAFE TO ASK
Ask your doctor, nurse or pharmacist...
What is my health problem?
What do I need to do?
Why do I need to do this?

Patient’s Psychiatrist (204-578-4560) ________________
Patient’s Primary Nurse (204-578-4560) ________________
Mental Health Clinician (204-578-4572)
(Hours of Work - 8:00 a.m. to 4:00 p.m.)
Manager Office (204-578-4563)

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Welcome to The Centre for Geriatric Psychiatry (CGP)

Our Geriatric Psychiatry Service provides you with specialized assessments and treatment in a safe, caring environment. Our goal is to work with you, your family and significant others to stabilize your condition and help you return home or prepare you for a longer-term placement of your choosing. Your health care team includes:

- Program Manager
- Unit Clerk
- Attending Psychiatrists
- Physician
- Mental Health Clinician
- Pharmacist
- Psychiatric Nurses
- Psychiatric Nursing Assistants
- Activity Instructor
- Spiritual Care Advisor
- Occupational Therapist
- Psychologist
- You and your Family!

Speak Up! for safer health care

If you ask questions and get involved in your health care decisions, we can work as a team to provide safer health care for you.

Speak up if you have questions or concerns.

It’s Safe to ask:™
- What is my health problem?
- What do I need to do?
- Why do I need to do this?

Pay attention to the care you are receiving. Double check that you are getting the right treatments and medications. Present your Manitoba Health Card when registering for health services.

Educate yourself about your problem, your medical tests, and your treatment.

Ask a family member or friend to be your advocate. Ask for results of your tests and what they mean.

Keep a list on the “It’s Safe to Ask About Your Medications” Card ©.
- Include herbals, vitamins, patches and eye-drops.
- Give the list to your health care provider.

Use hand hygiene products (soap and water, or hand sanitizer) regularly to prevent the spread of germs.

Participate in decisions about your treatment.
- You are the center of your health care team.

Visitors & Visiting Hours

Visitors are always welcome during regular visiting hours. Their support plays a central role in your well being. We ask that you help us keep a healthy environment by following the guidelines posted at the entrances and on our website. Please discuss possible precautions and optimum visit times with the Charge Nurse or Unit Clerk.

Visiting hours at CGP are 2 p.m. to 4 p.m. and 7 p.m. to 8 p.m.

Please help stop the spread of infection and influenza. Do not visit if you are not feeling well or have a fever, cough, body aches and tiredness. There are hand sanitizer stations and dispensers located throughout the unit and the hospital for your convenience. Thank you for your cooperation and for respecting the safety and health of those in our care.
Relaxation and Sensory Group
An inpatient group or one-on-one session for inpatients suffering from anxiety, depression or sensory impairments.

Sensory Group sessions last 30 minutes and include the use of a multi-sensory room. Multi-sensory rooms create an atmosphere of trust and relaxation enabled by the presence and non-direct approach of staff or significant others who provide enjoyable sensory experiences designed to stimulate the senses.

Relaxation Group sessions last 30 minutes and include the use of guided relaxation techniques.

Contact Information:
Activity Instructor
Phone: 204-578-4565

If you require further information or have suggestions regarding your hospital stay, please speak to staff who will be glad to assist you.

Your Care
Our Registered Nursing Staff, specializing in care for the Geriatric Psychiatry population, provides a broad range of services around the clock. Each shift, you will be under the care of one of these professionals.

While you are with us, it is our intention to recognize your individuality and your ability to make choices that are right for you.

As our patient you can expect to:
- Know the name of the nurse responsible for your care, each day.
- Have personal belongings in your room as space allows.
- Participate in social, cultural, religious and other interests.
- Be informed, in a timely fashion, of any changes affecting your care.
- Receive assistance if it becomes necessary to make a complaint.

Please participate as fully as possible when decisions involving your care are required.

You have the right to:
- Have someone of your choosing (Power of Attorney for Care or Substitute Decision Maker) accompany you or represent you.
- Refuse treatment once you have and are able to fully weigh the consequences of that decision.
- Seek a second opinion on clinical decisions.
- As part of discharge planning, we try to involve your family and community supports such as Home Care, family Physician and Mental Health Services so that your discharge may be as successful as possible.

We will offer as much privacy as possible regarding:
- Personal care and medical treatments
- Communicating with and receiving visitors
- Family Room

As mornings are a busy time for nursing staff providing patient care, please refrain from patient inquiries until 10 a.m.
Clothing
You and your significant other(s) are encouraged to bring in personal clothing that is suitable for your needs and mobility. Family can make arrangements to take your laundry home to wash. Otherwise, personal clothing is washed at the Regional Laundry and due to infection control requirements, fabrics are exposed to a much harsher handling than at home.

Clothing considerations:

- We will label clothing from the unit.
- Must be able to withstand frequent washing.
- Should be comfortable and loose fitting so they are easy to put on and take off either by you or your nurse, i.e. roomy slacks or tracksuits are frequent choices.
- Include soft, warm, stretchy socks which do not cut off circulation.
- Supply pajamas, nightgowns or other clothing that open at the back when flexibility, mobility and personal care are important issues. (Please ask staff for more information about this.)
- Footwear should be non-slip with adequate heel support, sturdy or supple according to the season, for recreational outings or outside appointments.

Adaptive Aids
- Bring with you any aids which you require such as canes, walkers, wheelchairs, hearing aids and batteries, and/or eyeglasses.
- Label them clearly.

CGP cannot be responsible for maintenance or replacement of these articles. Staff will provide reasonable care and safe use of them. If during your stay you experience changes in ambulation or seating requirements, our Occupational Therapist or Physiotherapist can temporarily provide the required equipment.

Learning Resource Library
Located by Tim Horton’s. Has articles and resources for patients and family.
Phone: 204-578-4080

Family Education Session
The Centre for Geriatric Psychiatry, in conjunction with the Alzheimer Society, offers education about Alzheimer Disease and related Dementias for family and friends.

These are held 3 - 4 times throughout the year (Fall, Winter and Spring), in the Centre for Geriatric Psychiatry Conference Room, 4th floor of the Assiniboine Centre.

Contact Information:
Registered Psychiatric Nurse (RPN), Mental Health Clinician
Phone: 204-578-4572

Family Support Group
Monthly Support Group Meetings are held for family or friends caring or providing support for loved ones with dementia. This group is provided by the Centre for Geriatric Psychiatry in conjunction with the Alzheimer Society.

This group meets the second Wednesday of every month from 2 p.m. - 3:30 p.m. in the Conference room, 4th floor of the Assiniboine Centre.

Contact Information:
RPN/Mental Health Clinician
Phone: 204-578-4572
**Restraints**
When concern about the safety of self, others or the physical environment is identified (e.g. frequent falls, climbing out of bed, behaviour endangering the resident or others), a thorough interdisciplinary team assessment of possible underlying causes must be done. On the recommendation of the interdisciplinary team, an order for the use of a restraint may be given.

**Minimizing the Risk of Falls:**
Ways you and your family can help prevent and minimize your risk for falls when in hospital include:

- wearing proper footwear
- calling for help if you need to get out of bed
- use mobility aids if needed
- tell the staff if you feel drowsy, dizzy or unsteady
- move slowly out of bed/chair (getting up suddenly can make you dizzy)
- use grab bars in shower, tub and toilet areas
- remove extra clutter in room and on floor
- report any spills/accidents to staff so they can be cleaned
- exercise regularly
- use reaches and long-handled shoehorns.

**Personal Items**
Please supply favourite toiletries such as mouth care products, soaps, hair care products, deodorants, fragrance free lotions, tissues and sunscreen. The hospital can only supply standard products.

You may bring in personal articles to help personalize your space. Sticky boards are at each bedside for pictures and cards. For safety, please choose unbreakable vases and picture frames. All electrical items must be checked by our maintenance staff.

**For safety please do not bring the following:**

- glass containers
- wire hangers
- aluminum cans
- sharps e.g. pocket knives
- prescription/non-prescription drugs or herbal preparations
- propane, butane or lighter fluid
- any electrical devices, with a plug-in cord
- aerosol containers
- safety razors
- long cords, belts or sashes
- laundry detergent, liquid fabric softener
- cigarettes/matches

**Compliments, Complaints, Comments**
Brandon Regional Health Centre has a Patient Relations Representative:
Phone - 1-800-735-6596

**Valuable Items**
It is strongly recommended not to leave valuables such as expensive jewelry, watches or other possessions on the unit. They are much safer at home. If necessary, they can be secured with the Security Department in the hospital. Personal funds may be sent with staff to the Accounts Office located on the 3rd Floor of the Nurses Residence. Please ask the unit clerk or nursing staff for assistance to withdraw your funds. Small amounts of money may be kept on your person. Please advise staff regarding your decision.
**Spiritual Care**
Spiritual Care is available. Our Spiritual Care Advisor visits you at your request. There are regular worship services in our hospital Chapel on Sundays. Roman Catholic communion is provided on a weekly basis.

Other worship services will be announced. Staff and volunteers will assist you to attend. CGP has services Wednesday mornings at 9:30 a.m.

**Recreational Activities**
Your Activity Instructor offers a number of activities, which take place on the unit. Examples may include: movies, bingo, baking, seasonal socials, music, therapeutic pet visits, puzzles, mental stimulation exercises and exercise groups.

**Hairdressing**
Facilities are available on the main floor and appointments can be made through the staff. Prices are listed on the bulletin board. All appointments must be paid for at time of service.

**Leave Passes from Hospital**
You or your family can arrange a Leave Pass from the hospital. An order from your attending Psychiatrist is required for time off the unit for short or longer duration. This can be discussed with your attending Psychiatrist. Please note, if it is necessary that you have medications while on your Pass, you or another person (family member) will need to ensure you take the medications as ordered. Your staff will explain the proper administration of the medication prior to the Leave Pass. Medications need to be ordered the day before leaving on pass.

**Pet Visits**
Your pet(s) may visit on the unit. To protect you and other patients, please make your intention known to staff and ask for a copy of the hospital’s Pet Visitation Policy so you are prepared to abide by the requirements in advance of the visit.

**Parking**
Parking is available in the lot in front of the hospital. Handicap parking is also available.

**Meals**
Meals are served in the dining room around the following times.
- Breakfast 8:30 a.m.
- Lunch 12:30 p.m.
- Supper 5:30 p.m.

**Coffee Breaks**
Hot and/or cold beverages and light snacks are served on the Unit at 2:30 p.m., and 8 p.m.

**Telephones**
There is a phone available for your use. Long distance calls are to be made collect or with a calling card. **Cell phones are not allowed.**

**Smoking**
The Brandon Regional Health Centre has a **NO SMOKING POLICY.** You cannot smoke anywhere in the building or on the property. Please feel free to ask any staff member where you can smoke.

**Contacting you at the hospital**
Please notify your family and friends to use the following address when sending you mail:

Name
C/O Brandon Regional Health Centre
A4 Centre for Geriatric Psychiatry
150 McTavish Avenue East
Brandon MB R7A 2B3