

Brandon

Centre for Geriatric Psychiatry

Patient and Family Information

The Centre for Geriatric Psychiatry (CGP) is a 22-bed psychiatric unit functioning under the Mental Health Act of Manitoba. CGP provides services to adults over the age of 65 (seniors) experiencing psychiatric illness and/or personal crisis. Our treatment team works with patients, family and community services to help seniors in their recovery.

Address: Centre for Geriatric Psychiatry
A4-150 McTavish Avenue East
Brandon, MB R7A 2B3
www.prairiemountainhealth.mb.ca

Patient Phone Line: 204-578-4874
Nursing Station: 204-578-4560

Visiting hours are:
between 2:00 -4:00 P.M and 7:00- 8:00 P.M

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?

Original Effective Date: 2018-Oct-24
Revised Effective Date:
Form #: **PMH2152**



General Information

Manitoba's Mental Health Act

The Mental Health Act of Manitoba is a law that sets out the admission and treatment requirements for patients in psychiatric facilities. The Act aims to find a balance between:

- The rights of all citizens under the *Canadian Charter of Rights and Freedoms*, and
- Society's obligation to provide care and treatment to individuals who, at times, may not recognize their need for treatment due to their mental illness.

Voluntary Admission

Seniors may be admitted to CGP as a voluntary patient. They will see the admitting psychiatrist, who decides that psychiatric assessment and treatment can be provided only in the hospital setting.

A voluntary patient can choose to be discharged from CGP at any time; however, they must first meet with their psychiatrist. If the person requesting discharge does not meet criteria for an involuntary status, their request for discharge will be granted.

Involuntary Admission

Seniors may have to be admitted to CGP as an involuntary patient, meaning that they do not want to be admitted. Reasons for admission are explained in the *Mental Health Act*.

At all times, if a visitor or family has symptoms of infection, such as fever, a new cough, sore throat, vomiting, diarrhea, or a skin rash they should refrain from visiting.

Visitors are expected to abide by CGP rules.

Visitors are asked to report to the Nurses Station upon arrival.

All items brought for patients should be checked at the Nursing Station

This unit does not tolerate aggressive behaviors, verbal abuse, or harassment towards staff, patients, visitors or volunteers

Canadian Mental Health Association
23-12th Street, Brandon
Phone: 204-727-5425
Website: www.cmha.ca

Anxiety Disorders Association of Manitoba
Phone: 204-725-8550
Website: www.adam.mb.ca

Manitoba 211
Website: mb.211.ca/
A searchable online database of government, health,
and Social services that are available across the
province.

Mood Disorders Association of Manitoba
Phone: 204-725-1232
Website: www.mooddisordersmanitoba.mb.ca

Please do not hesitate to contact any of the
organizations listed above. You may also speak with
the nursing staff at CGP, and they will be happy to
find information of resources that may be of
assistance

Involuntary Admission - Continued:

Seniors may be admitted involuntarily if the psychiatrist believes that:

- The individual may cause harm to self or to others,
- The individual's health may become significantly worse if not hospitalized, and
- The individual is not willing, or mentally capable, to agree to being admitted voluntarily.

The treating psychiatrist in CGP may be different than the *admitting* psychiatrist, and is called the *attending* psychiatrist. The attending psychiatrist will be able to meet with the individual and develop a treatment plan.

Confidentiality

Information regarding admissions and care must be kept private. The *patient* must give permission for any health information or treatment plans to be shared.

It can be very stressful when the patient is very ill and does not want the treatment team to discuss treatment plans with others.

The staff at CGP welcomes any information that might help in the care provided to the patient while on the unit. The treatment team is also available to listen to concerns or feelings from family about the individual's care.

Patients have a right to expect that information will be kept confidential. This privacy is also important to other patients and their families, so we require that you do not discuss the circumstances of other patients that you may see at CGP.

The Treatment Team

- The treatment team is comprised of a Psychiatrist, Medical Doctor, Registered Psychiatric Nurse and Health Care Aide.

Other treatment team professionals/members who may be involved in a patient's treatment include:

- Client Care Coordinator
- Dietician
- Home Care
- Mental Health Clinician/ Community Mental Health worker /Mental Health Resource Nurse
- Occupational Therapist
- Pharmacist
- Psychologist
- Recreation Staff
- Rehabilitation Services
- Spiritual Care Worker

The CGP treatment team works to provide patients with the best possible care. Planning a patient's return home begins early in the stay. Support persons can be involved with the treatment plan, if the patient has provided consent. Support is important during the hospital stay, and when the patient returns home.

If you have any questions about a patient's stay, feel free to call. As mornings are a busy time, please delay patient inquiries until after 10:00.

Additional Resources Available to Families/ Friends

At this time we encourage you to seek additional information and assistance in order to understand what is happening.

Often, when our loved ones are experiencing a crisis situation, we ignore our own needs in order to help them. It is important that you remain healthy and seek help for yourself. Some of the places that you can obtain help include:

Alzheimer's Society and Family Education
Phone: 204-729-8320

7th Street Health Access Centre
20-7th Street, Brandon
Phone: 204-578-4800

Westman Crisis Services
Phone: 1-888-379-7699
Provides telephone support, specializing in crisis intervention and outreach service.

Mental Health Services
Phone: 204-578-2400
Can also be accessed through your local hospital or clinic
Town Centre, B13-800 Rosser Ave, Brandon

Family Education Session and Family Support Group

- The Centre for Geriatric Psychiatry, in conjunction with the Alzheimer Society, offers education about Alzheimer Disease and related Dementias for family and friends.
- Monthly Family Support Group Meetings are held for family or friends caring or providing support for loved ones with dementia. This group is provided in conjunction with the Alzheimer Society. This group meets the second Wednesday of every month from 2:00 p.m. – 3:30 p.m. in the Conference room, 4th floor of the Assiniboine Centre.

For schedule, please contact:

RPN/Mental Health Clinician
Phone: **204-578-4572**

The Treatment Plan

The treatment team meets weekly to review and discuss the progress of each patient, and ways to assist in his or her recovery.

Types of Treatments – Depends on individual patient needs

- ECT
- Medication
- Healthy routines encouraged
 - ◇ Regular bedtime
 - ◇ Regular meals
 - ◇ Regular exercise/relaxation room
- One to one assessments/interactions
- Group sessions
- Ongoing psychiatric and medical care

Restraints

- Prairie Mountain Health supports a “least restraint” philosophy with restraints implemented only when necessary to prevent harm to patients, staff, or others. Restraint is defined as any restriction or reduction of the patient’s voluntary movement or freedom, implemented to ensure the safety of self or others. Examples may include a wheelchair seatbelt, bedside rails, a chair that prevents rising, seclusion, a lap table or medication.

- Restraints are used:
 - ◇ *Only* when necessary to prevent harm to patients, staff, or others
 - ◇ After the care team has determined that all other measures have been tried
 - ◇ In response to an order by physician, and
 - ◇ With the consent of the patient, family, or alternate decision maker

- Types of restraints:
 - ◇ Physical or Mechanical:
 - A device that the patient cannot remove that limits movement
 - Example: chairs that prevent rising, seat and lap belts, bedrails or Broda chair.

 - ◇ Chemical:
 - Medication given for the specific and sole purpose of inhibiting severe and persistent behavioural and psychological symptoms which do not respond to non-pharmacological interventions and that may place the patient or others at risk and are not required to treat the patient's medical or psychiatric symptoms.

 - ◇ Environmental:
 - Limiting movement to specific areas (i.e. removal of a cane or walker, seclusion - restricted to a room with the door closed)
Restraints do not prevent falls or stop challenging behaviors.

Leave of Absence (LOA) and Passes:

LOAs and passes off the unit are an important part of the treatment plan, as deemed appropriate by the psychiatrist. LOAs provide an opportunity for patients to practice newly learned skills, and prepare for return to their chosen community. LOAs are written by the psychiatrist, and can vary in length from 15 minutes, a couple of hours, day passes, and overnight passes, to a weekend away from CGP. During this time away from the unit, you may need someone stay with you.

You will be required to complete the Leave Pass form prior to going on LOA. Upon return, it is important to make staff aware of any new items brought back.

Information for Family/Friends

Parking

Visitor and Accessible parking is available in the lot in front of the hospital.

Visiting hours are:

2:00 -4:00 P.M and 7:00- 8:00 P.M

Your input is important: when visiting on the unit or during leave, what you see and notice about your loved one can be a valuable resource.

Share your thoughts and observations about any progress or setbacks. This information helps CGP staff provide better care for your loved one.

Adaptive Aids

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

You are responsible for maintenance or replacement of adaptive aids. Staff will provide reasonable care and safe use of them. If during your stay you experience changes in ambulation or seating requirements, Occupational Therapist or Physiotherapist can recommend the required equipment.

Meals

Meals are served in the dining room around the following times:

Breakfast	8:30 a.m.
Lunch	12:15 p.m.
Supper	5:15 p.m.

Nourishment: Beverages and light snacks are served on the Unit at 2:30 p.m. and 8 p.m.

Telephones

Cell phones are not allowed.

There is a business phone available for your use. Calls are limited. Long distance calls are to be made collect.

Information for Patients

You will be under the care of Registered Nursing Staff specializing in psychiatric care for seniors. 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.
- 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 providing you 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
- You can have visitors between 2:00 -4:00 P.M and 7:00- 8:00 P.M
- A Family room/quiet space is available

Personal Items

Visitors are welcome to bring your personal belongings and personal care items to CGP to ensure a comfortable stay. CGP is a scent-free facility, and perfumes are not to be brought onto the unit. Some items may be locked up when not in use, to ensure the safety of yourself and others. These items include, among other things:

- Razors
- Aerosols (e.g. Hair spray)
- Aluminum cans
- Dental floss
- Glass containers
- Items with long electrical cords

Also see “Personal Belongings I can have at CGP” for the complete list. It is recommended that jewelry/valuables and large sums of money not be brought in during your stay.

The nursing staff may ask to look through any items brought onto the unit, to ensure the items are appropriate for the unit.

If you are currently taking medications, please do not bring the actual medications to CGP. A list of medications currently being used would be preferred. The hospital will provide necessary medications during your CGP stay.

Patients will be asked to sign a “Potential Transfer and Personal Items” form. This form states that the hospital is not responsible for your personal items (e.g. Clothing, money, jewelry, eyeglasses, hearing aids, dentures, electronics, etc.).

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.

Clothing considerations:

- Clothing should be labeled with the patient’s name.
- Clothing should be comfortable and loose fitting so they are easy to put on and take off.
- Include soft, warm, antislip socks which prevent falls and do not cut off circulation.
- Footwear should be sturdy, non-slip with adequate heel support, and appropriate to the season.

Spiritual Care

Spiritual Care is available. Our Spiritual Care Advisor visits upon request. There are regular worship services in the hospital Chapel on Sundays. Roman Catholic communion is provided on a weekly basis. CGP has services Wednesday mornings at 9:30 a.m except July/August.

Recreational Activities

Staff offer a number of activities, which take place on the unit. Examples may include: exercise groups, bingo, baking, seasonal socials, music, therapeutic pet visits, puzzles, mental stimulation exercises and movies.

Hairdressing

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.