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## **Information for Patients Admission to Adferiad Unit**

### **St Cadoc's Hospital**

Welcome to Adferiad Unit, we hope that we will be able to make your stay in hospital as comfortable as possible. Adferiad is Welsh for recovery, rehabilitation, restitution.

This leaflet is intended to give you information about your stay at Adferiad Unit. The unit specialises in the assessment, care and treatment of people experiencing a variety of mental health problems. The ward covers the geographical area of Newport and Lower Monmouthshire.

The majority of patients come into the unit on an informal basis (i.e. with their agreement). However, some patients are here against their wishes (i.e. admitted under the Mental Health Act). If you are detained under the Mental Health Act you will have your legal rights explained to you when your detention commences. You can clarify any issues that you are unclear about, at any time, please ask the staff and they will give you further details.

### **The Unit**

Adferiad Unit is a 22 bedded Unit based in the Glen Usk Wing at St Cadoc's Hospital, (Gate number 4). The unit address is:-  
Adferiad Unit, St Cadoc's Hospital, Lodge Road, Caerleon, NP18 3XQ,  
Tel No:- 01633 436868.

During your stay in the ward you will be encouraged to mix and socialise with your fellow residents. The ward consists of 4 four-bedded dormitories and 6 side rooms. There is a television lounge, coffee lounge, multipurpose rooms, games room, dining area, bathroom and shower rooms, toilets, and utility room equipped with full laundry facilities for use during your stay. The unit also has an enclosed garden area which overlooks the grounds of St Cadoc's Hospital. Smokers can utilise the garden area between 6 am and 12am.

During your stay in hospital you may be required to move your bed within the ward depending on the needs of other patients. Staff will inform you of this when the need arises and this will only be carried out when it is absolutely necessary.

### **The Staff**

You are likely to meet a variety of staff during your stay, including, nurses, medical staff, occupational therapists, psychologists, welfare rights officer and social workers. The ward utilises a whole host of professional disciplines, including the voluntary sector. Where appropriate the staff liaise with one another to provide and plan for your care.

### **Training**

Training health professionals is essential to the continuation of the health service and improving the quality of care. The unit provides clinical training of medical, nursing, occupational therapy students. The students are under careful supervision of senior staff. Their training may include interviewing you, sitting in on your care planning meeting or examining you. You have the right to decline to be observed, attended to, or examined by students without this in any way affecting the quality of the treatment that you receive. We hope that you will agree to help us with this training as necessary.

### **Package of Care**

**On Admission:** Planning for your discharge will begin as soon as you are admitted to hospital. This is to ensure that your discharge from hospital is planned safely and without unnecessary delay. You will be required to complete some standardized documentation which included your basic details i.e. name, address, and date of birth. Soon after admission you will be involved in an assessment (including a full risk assessment) to identify any problems which you may have and a plan of care will be developed. You will be allocated a named nurse who will be responsible for co-coordinating your care whilst you are an inpatient. A team of staff will review your plan of care and agree your future care plan. These reviews will take place weekly in ward rounds which you will be asked to attend. If you need further assessments by other health professionals or social workers you will be referred as soon as possible.

There can be a number of people in your weekly ward round, these include your Responsible clinician, ward nurse, pharmacist, SHO, Occupational therapist, representative from community mental health team, home treatment team and potentially student doctors or nurses. It is also helpful if your family members can attend and they will be invited, with your consent on a weekly basis.

**Participation in your care:** You are actively encouraged to participate in your care. We have an active occupational therapy program which provides activities on the unit and in the local community. These activities assist to structure your time but also enable the staff to assess your needs and functioning.

**Discharge Planning:** The consultant and other health professionals will decide when you are ready to leave hospital. You and your family/carer will be involved in planning your discharge to meet your needs and may be facilitated by the Home Treatment Team. If at any point during your stay you need more information about your discharge, please discuss this with your named nurse.

### **Confidentiality / Medical Information**

Information regarding your treatment is confidential. However, this will be shared with your GP and, with your permission, your named relative/friend. It is common practice not to discuss patient treatment on the telephone in order to ensure confidentiality. Other professionals involved in your care will have access to your records. Should you wish to see your records, please speak to the Nurse in Charge, who will advise you of the procedure.

### **Visiting Times**

**Monday – Fridays 5pm - 8.00pm**

**Weekends/Bank Holidays - 2pm- 4pm – 5pm-8.00pm**

Any requests for visits outside these times **MUST** be negotiated with the nurse in charge. Visits of children **MUST BE** arranged in advance with the nurse in charge, in order that a safe and secure visiting area is made available. The unit reserves the right to refuse entry to any visitor whose presence is seen as a threat to the stability of the ward.

## **Medication**

It is important that you advise staff of any medication you are taking when you come into hospital. You must hand in ALL medication upon arrival and only take prescribed medication dispensed by staff during your admission to the unit. A new supply will be issued to you upon discharge.

## **Alcohol and Drugs**

You must refrain from alcohol and illicit substances during your stay in hospital - this applies equally to periods of leave and hours out. Dangerous interactions are possible between alcohol/illicit substances and prescribed medication. Visitors who appear under the influence of alcohol/illicit substance will be refused access to the ward. If you take alcohol / illicit substances it may result in your discharge if you are in hospital on a voluntary basis.

## **Fitness to Drive**

You are advised not to drive whilst you are an inpatient. The Law obliges license holders to notify the DVLA as soon as they become aware of any medical condition, including mental health problems. If this applies to you, you should contact:-

Drivers Medical Unit  
DVLA  
Swansea  
SA99 1TU

## **Additional Services**

**MIND** – Provide a peer advocacy service to patients on the ward. They are able to provide you with support and advice. The weekly ward meeting is chaired by the MIND peer advocate. The peer advocates can be contacted on tel. no: - 01633 258741.

**Advocacy Service** – The independent mental health advocates (IMHA`s) are able to assist and support patients detained under the Mental Health Act. If you would like their support they can be contacted on tel. no: - 01443 810871.

**Manic Depression Fellowship / Bi Polar Cymru**- are available to support patients with a diagnosis of bipolar disorder whilst they are in hospital and direct them to the self-help groups facilitated by the organization. They can be contacted on tel. no: - 01633 244244.

**Hafal** - The Carers' Association can be contacted to assist carers with their concerns and offer practical advice/support. They can be contacted on tel. no: - 01633 842266.

Ward staff can facilitate contact with these services if required. Please speak to the nurse in charge who will help you.

### **Ward Health and Safety Guidelines**

- Smoking is only permitted in the garden area. There are fitted mounted lighters on the outside walls. All matches and lighters are to be handed in to ward staff whilst you are on the ward. They will be returned to you on discharge or prior to any leave from the ward.
- In cases of fire, follow the instructions given to you by staff. Under no circumstances should you return to the building until advised by a member of staff.
- If you leave the ward, please tell a member of staff and let them know when you return.
- Only medication prescribed by the ward doctors should be taken during your treatment.
- No alcohol is to be consumed on or off the ward during your treatment.
- No drugs are to be used on or off the ward.
- You are advised not to drive whilst you are an inpatient and on medication.
- Personal items such as jewellery purse, or cigarettes should be kept with you at all times. Please do not bring valuables or large sums of money into hospital as we cannot accept responsibility should they become misplaced. Large amounts of money can be taken to general office for safe keeping.
- Clothing - It is usual for everyone to be dressed in day clothes. You should therefore bring several changes of clothing for both day and night wear, toiletries and any other articles for your personal use. Please remember storage is limited.

- Staff may ask to search you or your property if it is felt that you are concealing anything which may harm yourself or others. Ward staff will explain the process before undertaking the search.
- The use of mobile phones is allowed on the ward. Cameras on phones are not to be used on ward due to confidentiality of other patients. Chargers are kept in a locked cupboard and phones are charged overnight.
- Please hand in all sharp implements to the ward staff for safe keeping. They will be returned to you when needed or on your discharge.

### **Suggestions/Complaints**

Adferiad Unit is always looking to enhance and improve its services to patients and carers. We actively encourage feedback from patients and carers and any suggestions will be welcome. Please feel free to discuss these with the nurse in charge.

Should you wish to complain about any aspect of your care/our services, please approach the nurse in charge who will address your concerns or advise of the appropriate procedure to follow. If you feel your concerns have not been dealt with and wish to make your complaint more formal, then you should write to:

Judith Paget, Chief Executive  
 Chief Executive  
 Aneurin Bevan University Health Board  
 St Cadoc's Hospital  
 Lodge Road  
 Caerleon  
 Newport NP18 3XQ

Free independent advice and assistance is available from:-

Catherine O'Sullivan, Chief Officer  
 Gwent Community Health Council  
 Raglan House, 6-8 William Brown Close  
 Llantarnam Business Park  
 Cwmbran NP44 3AB Tel. No:- 01633 – 838516