



## Inova Behavioral Health Services Inpatient Care

### What to Know About Being Admitted

All of our care team members will work together to support you throughout your stay.

#### GENERAL INFORMATION FOR PATIENTS

##### Patient Care Teams

Your care team includes a psychiatrist, nurse practitioner (NP), physician assistant (PA), registered nurse (RN), social worker, case manager, (group) therapist and mental health technician/clinical technician. The psychiatrist will address your mental health symptoms, prescribe medications and approve discharge. The NP and PA work in collaboration with the psychiatrist and will address any medical concerns. The RN will administer medications, provide education about your mental health diagnosis and monitor your symptoms. The social worker and case manager will work with you in discharge planning, including setting up aftercare appointment(s). The therapist will lead your group therapy sessions. The mental health technician/clinician technician works closely with the RN and will assist you with all day-to-day matters.

##### Inpatient Restrictions

- Personal cellphones and other electronic devices are not permitted on the unit.
- TVs and phones are in common areas, not in individual rooms. During groups and meetings, TVs and phones are turned off to encourage participation.
- You are required to wear a mask and to adhere to social distancing guidelines.
- In general, the hospital will provide for your needs during your stay. These include basic toiletries, towels and hospital clothes as needed.
- For your safety, our behavioral health inpatient units are locked.

##### Admission Screening Process

When you arrive, you will go through an admission process and answer questions related to your health. Your treatment team will do a search of your clothing and belongings to look for any unsafe items (*see reverse side for list*). You will undergo a skin assessment with a nurse to check for any wounds or other marks you may have. After the skin assessment, you also will also be screened using a touchless scanning wand.

## VISITATION

Visitation is permitted on all units from 5:30 p.m. to 6:30 p.m. daily.

### Visitation Restrictions

- One visitor is permitted at a time.
- Visitors are not permitted to spend the night.
- Visitors will be screened using a touchless scanning wand prior to admittance to the unit.
- Personal cellphones and electronics are not permitted.
- Visitors are required to wear a mask and to adhere to social distancing guidelines.
- Outside food is not permitted on the unit unless preapproved by the care team.

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## SAFETY INFORMATION FOR PATIENTS

Inova Behavioral Health Services is committed to maintaining a safe environment for our patients, team members and visitors. The following is a list of items that are not allowed on the unit. If you bring medications with you to the hospital, they will be packaged and returned to you at discharge.

**Unsafe items include, but are not limited to, the list below:**

### Items discarded immediately at admission

- Alcohol products
- Suspected illegal substances
- Outside food or drinks
- Drug paraphernalia of any kind

### Items held for seven days in security

- Tobacco products
- Lighters, matches or any item used to start a fire
- Weapons of any kind including firearms, explosives, knives or anything sharp
- Protection devices (pepper spray, mace, etc.)

### Items held with security until discharge

- Clothing or other items that display sexually explicit, gang-related or drug-related images
- Electronics (e.g., cell phones, cameras, computers, tablets, personal gaming devices, personal music players) and Bluetooth devices (e.g., stereos, iPods, earbuds)
- Batteries or items containing batteries
- Any item that could contain a cord (e.g., personal grooming items such as a hair dryer)
- Plastic bags, gloves, condoms
- Spiral notebooks, pens, pencils, metal binders
- Shoes with laces, heels, belts, ties, scarves, clothing items with strings, headbands, bracelets, underwire bras or masks containing metal
- Personal hygiene products in bottles larger than three ounces or items containing alcohol
- Aerosol or spray cans
- Jewelry or makeup items deemed a safety concern
- Any instrument that could be used to cause bodily harm or injury (e.g., nail clippers, files, tweezers, needles, scissors, razors)
- Glass, metal or ceramic items and items containing mirrors