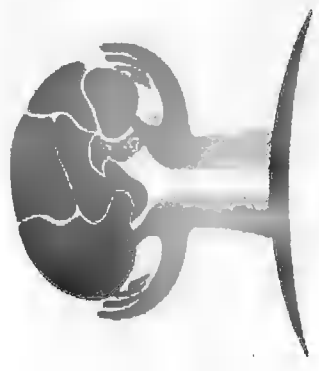


**FELINDRE WARD,
BRONLLYS HOSPITAL**

*Acute Mental Health Service for Powys
Citizens*

Patient information Leaflet



Your named nurse is:

Your medical consultant is:

Helpful information:

Visiting times:

Monday to Friday: 16:00 to 19:45

Weekends and Bank Holidays: 11:00 to 19:45

(These times may be reviewed in light of any Covid increase)

Should you wish children to visit, this must be by prior agreement with the ward as alternative arrangements for visiting will need to be made.

No visitors will be allowed onto the ward area.

Bus timetables are displayed on the ward

Making a complaint:

Please put any complaint in writing to the ward manager:

Ward routine and expectations of staff and patients:

Due to the nature of the ward it is necessary to search patients on admissions and following any leave from the ward. There is a list of prohibited items on display on the ward, staff can also advise. There is a safe in each room for valuables, a locker in which to keep items is provided or items can be stored in the office safe if preferred. Items are stored at patients own risk.



Mobile phones and devices are only to be used in patients own rooms, no pictures of other patients or staff can be authorized. All charging of devices is done in a safe environment. Charger cables cannot be kept on the person.

Respect towards patients is an expected part of the staff role. In turn, we expect that all patients are respectful in return to staff and fellow patients alike. Abusive language and behaviour will not be tolerated.



A schedule of activities are organized daily via our activities co-ordinator. Ranging from quizzes to mindful walks, cooking, individual and group sessions.



Rest and sleep are an important part of recovery from any mental/physical illness. We therefore aim to respect people's privacy when they are in their bedrooms.

In an aid to promote sleep we endeavor to promote good sleep hygiene and therefore request all patients go to bed by midnight. The dayroom will close at this time. Weekly and ad-hoc room searches will take place to ensure the safety of all.



Felindre Ward
Bronllys Hospital
Bronllys
Brecon
LD3 0LU

Tel: 01874712478
01874712479

What3words location: Peach.Melon.Intelligible

Welcome

On Felindre ward we truly believe each person is unique and as such will be treated purely on their individual presentation and have their care tailored to meet their individual needs.



We work closely with the Multi disciplinary team to ensure a holistic approach to care and treatment is developed with the individual at the centre of every decision and the care planning process.

We aim to provide care which is research based best practice.

We aim to support and teach individuals to learn coping skills to ensure success for the future on leaving the ward environment.

Our Mission Statement

On admission to the ward you will be allocated a member of the nursing team who will be responsible for co-ordinating your care and working closely with you during your stay.

You will also be formally admitted by one of our consultant Psychiatrists.

The nurse will engage in the assessment process with you to identify your needs, expectations and current skills. You will then work together to develop a plan of care to commence your journey to recovery.

Opportunities for one to one time will be part of the plan of care as well as weekly meetings with your consultant. At the weekly meetings, your care will be evaluated and changes made if required led by yourself.

Your progress will be monitored daily by the nursing team.

We offer an assurance to keep your information confidential and will only breach this should there be a risk to yourself or others. At which time information will only be shared with the appropriate authorities e.g. Safeguarding, Police or other medical/social care professionals.

We would hope that you too will keep your personal information safe, what others confide in you and be aware of the negative aspects of social media.



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THERAPEUTIC INTERVENTIONS



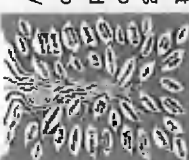
Once you have settled onto the ward you will be offered a full health check. This will involve an ECG to check your heart, a blood test and a physical examination carried out by a consultant Doctor or our Advanced Nurse Practitioner.

Your physical health will be monitored daily by nursing staff checking your blood pressure, temperature, oxygen saturation levels, respiration levels and pulse. Once a week we will ask to check your weight and we will monitor your BMI during your stay. Any other physical investigations deemed beneficial will be organized with your consent. Other professionals may be involved with your care planning depending on the outcome of investigations.

As a team we are convinced that a mindful approach to your daily routine is paramount to recovery. You will be offered group and individual mindfulness sessions throughout your stay.



Our nursing team are conversant with talking therapies and coping skill development and will aim to introduce you to the skills to aid your recovery and or continue to develop the skills you may already employ.



Psychiatric Medications



Our consultant Psychiatrists will make initial decisions on medication they prescribe and review your care and progress weekly or sooner if required. The nursing team will administer your medication and report any side effects/concerns or improvement to the Doctors in a timely manner.

We aim to provide Psychology support via our nursing team and secondary care services.



Felindre Ward benefits from the input and guidance of an Occupational therapist. You will take part in a skills assessment from which daily living skill needs will be identified and support and guidance will be offered to overcome any difficulties faced. Home visits may also be indicated to assess for additional support that may be required for you at home upon discharge.



Advocacy

Whether you have been admitted to the ward on an informal or detained basis you will be entitled to access an advocacy service. Your named nurse will support you to access these services.

Quality Services

Felindre ward holds regular patients meetings and also have the support and guidance of a patients council. Please ask for details if you should wish to take part.



Meals are freshly prepared in the Hospital Kitchen.
Meal times on Felindre ward are:
Breakfast—08:00 to 08:30—A Breakfast club also takes place on allocated days in addition.
Lunch—12:00 to 12:45
Dinner—17:00—17:30
Supper—20:00—20:30
Hot drinks are served in between meal times and water is available via a water dispenser.
Special dietary needs can be catered for upon request.

Alcohol is prohibited for consumption on Felindre ward.

The hospital is now a designated no smoking area. We continue to allow smoking in our enclosed garden area, however smoking elsewhere in the hospital grounds may be subject to a fine.



The ward also has a no drug tolerance policy and any patient/visitor found to be under the influence of illicit substances may have leave stopped. Visitors will be asked to leave the premises.