



# WELCOME

## Packet

### Welcome

We understand that hospitalization can be a stressful time for patients and their families. It is our hope that your hospitalization will be successful and brief. This booklet contains basic information that may be helpful for you and your family. If you need additional information, please do not hesitate to ask any staff member.

### The Admission Process

1. Upon admission to Hampstead Hospital, each patient (or guardian) will meet with the Admission Department Personnel to gather preliminary admission information. Patients will be given information regarding Patient Rights during the admission process.
2. A photograph will be taken upon admission for patient safety purposes of identification for routine medication administration. This photograph will be destroyed upon discharge.
3. The patient (and parent/guardian) will be taken to their specific patient care unit for treatment. In order to provide a safe environment for all patients, nursing staff will search all patients clothing and belongings to remove any potentially unsafe items.
4. Each patient will be given a wristband with his or her full name and date of birth. The next step in the process requires a nurse to assess the patient's nursing care needs, psychiatric condition, and anticipated medication management needs.

### What to Bring to the Hospital

#### Clothing

Patients should wear comfortable, casual clothing. We suggest you bring a few changes of clothing for both day and night. Clothing with long strings or ties such as bathrobes, drawstring pants, sweatshirts with ties at the neck, and belts, are not allowed in the hospital. Please be aware that if you bring these items, staff will remove the ties. Please mark all clothing and personal items with your name.

#### Medication

Please bring an up to date list of all the medications you are currently taking, but leave medications at home.

#### Personal Belongings

Hampstead Hospital is not responsible for personal items, including eyeglasses, dentures, or retainers. Patients are advised to leave valuables, including jewelry, at home and not to carry more than \$10 in cash. All jewelry (i.e. earrings) must be removed prior to admission to Hampstead.

#### Restricted Items

Weapons	Glass items
Cameras	Personal computers
Cell Phones	Pagers
Lighters, matches	Soda cans
Alcohol, drugs	Plastic bags

*Other items may be deemed potentially hazardous in this environment and may be required to be stored in a locked area or sent home. Check with staff for further information.*

## Personal Care Items

Patients may bring the following items to use for their personal care: toothbrush, toothpaste, shampoo, soap, deodorant, hairbrush, hairdryer, electric shaver, eyeglasses, and contact lens care materials. Please bring along any medical equipment you may need such as C-PaP machine, cane, and hearing aid. These items may be required to be stored in a secure area when not in use.

## Patient Safety

Keeping each person safe while in the hospital allows us to provide the clinical care necessary to support the patient's return to the community. Patient/family participation is an important part of safety. Please let a staff member know if you or a loved one is feeling unsafe.

The Joint Commission has created National Patient Safety goals for hospitals and we at Hampstead Hospital are committed to meeting these goals.

## Treatment Team

Hampstead Hospital is committed to patients receiving individualized treatment from a multi-disciplinary treatment team comprised of a psychiatrist, social worker, nurse, and counseling staff. Other specialists including psychologists and internists are included in the treatment team, as needed, to assist in providing comprehensive care to the patient and family.

Hampstead Hospital encourages active involvement by the patient, and collaboration with the family and treatment team, to ensure treatment success.

## Patient Advocate

The Nurse Manager is available for concerns regarding patient care and treatment while at Hampstead Hospital. If you have a concern that is not being addressed by your treatment team, please request to speak with your advocate.

You can be your own advocate by sharing with us what coping skills you use when you are in distress.

## Hospital Seclusion / Restraint Philosophy

Hampstead Hospital is actively trying to eliminate the use of restraint & seclusion, although in an emergency situation, when there is a danger of harm to self or others, these options may be utilized as a last resort. Our philosophy regarding Seclusion & Restraint is that it is not therapeutic and not a clinical intervention. Seclusion & Restraint is used only in Safety Emergencies as a last resort when all else fails.

## Smoking

For the health and safety of our patients and staff, smoking is not allowed in the hospital building or on the grounds. Please speak to your nurse or doctor if you will require support to stop smoking during your hospitalization.

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## TELEPHONE NUMBERS

**Hampstead Hospital: 603.329.5311**

### Telephone Extensions for Patient Care Units

Adult Services Unit: Ext.3217 or 3219

Adult Patient Pay Phone Number: 603.329.5248

Child and Adolescent Unit: Ext.3288 or 3289

Developmental Disorders / Pierce: Ext.3245 or 3244

Developmental Disorders / Washington: Ext.3259 or 3360

### Hampstead Hospital Visiting Hours

Monday – Friday: 12:00 pm to 1:00 pm and 5:00 pm to 8:00 pm

Saturday and Sunday: Noon – 8:00 pm