

# Mental Health Inpatient Unit

## Guide for consumers, family and friends | July 2022



**A place for everyone to feel safe and respected.**

**The Mental Health Inpatient Unit is an acute inpatient mental health service located in K Block of the Royal Hobart Hospital.**

We provide inpatient treatment for individuals who require 24 hour specialist mental health care in a safe and secure environment.

## Welcome

On arrival staff will show you around the unit including the lounge room and activities room.

You will also be provided with information for your stay including an admission guide and bedroom guide. Please ask your nurse if you have any questions.

There are three levels of care provided which are specific to individual mental health needs. These are K2W (lower acuity), K3W (medium acuity) and K3W HDU (high acuity).

Our programs include the Safewards program which supports clients, including family and carers, and staff to work together to make the Unit safer for everyone. Please ask us for more details about Safewards.

## Your care

Care is provided by a treating team with specialist skills:

- Medical Staff including psychiatric consultants, registrars and medical officers.
- Nursing Staff: working three separate shifts (morning, afternoon and night).

Your nursing team will introduce themselves at the beginning of their shift. **Nursing staff are available 24 hours a day.**

- Allied Health Professionals: we have psychologists, occupational therapists, social workers and diversional therapists.

If you wish to speak with an allied health worker you can ask your nurse or speak with them directly. We also have ward aides and cleaners.

## Unit routine

Each unit has set times each day for team handover and meals or refreshments.

Doctors rounds vary each day, generally after 10:00 am. You will be reviewed by your treating team regularly. A ward program operates across the unit with input from diversional therapy and visiting services.

## All care is provided in line with the Tasmanian Mental Health Act 2013

**To promote safety:** all patients are required to wear an ID band.

You are provided with a swipe card for access to your bedroom.

Each bedroom and ensuite is fitted with a nurse call system for urgent assistance.

**Restricted Items:** various items are not allowed in the Units including tobacco, lighters and e-cigarettes. Refer to the poster in the Unit for more details.

To ensure the safety of everyone your property will be searched on admission and at any time if staff have concerns. Items that may cause harm will be removed.

**Prohibited Items:** drugs and weapons cannot be brought into the Unit. They will be removed and not returned on discharge.

**Fees:** may apply if you have been receiving care for more than 35 days within the Tasmanian Health Service and are no longer acutely unwell.

If fees do apply our staff will talk with you, your family or financial contact to discuss the details and assist with arrangements.

**Have your say:** Talk to staff or ask for a feedback form if you would like to provide a compliment, suggestion or complaint.

## Leave

You can apply for leave. Your leave will be discussed as part of your treatment plan.

Your leave is negotiated with your treating team. Leave, when approved, will usually be given between 1:00pm and 5:00pm.

Please note that leave may not be granted from the high dependency unit.

## Visitors

Visiting hours are from 2:00pm to 8:00pm.

Visitors are usually restricted to close family or support people.

A time limit may apply to visits and the number of visitors may also be limited.

Recently discharged patients are not permitted to visit.

Visitors under the age of 18 must be accompanied by a parent or guardian.

Please talk to one of your treating team if you have any questions.

## Useful contact numbers

Advocacy Tasmania	1800 005 131
Mental Health Official Visitors Program	1800 001 170
Legal Aid Tasmania	1300 366 611

## Mental Health Inpatient Unit (MHIU)

Reception: Level 2, K Block, Royal Hobart Hospital

K2W	MHIU	03 6166 7371
K3W	MHIU	03 6166 8806
K3W	HDU MHIU	03 6166 8123

*Statewide Mental Health Service welcomes feedback from clients, carers, and family members to help us improve care. Talk to one of our team, fill in a consumer feedback form.*



Department of Health  
1300 135 513  
[www.health.tas.gov.au](http://www.health.tas.gov.au)

 *Tasmanian Health Service buildings are smoke-free sites.*

*The Tasmanian Health Service integrates acute, primary and community services. This integration has given service providers the flexibility to ensure people have the best services we can provide, as close as possible to where they live.*

*Statewide Mental Health Services deliver consumer centred services focused on improving health outcomes. Our services include inpatient facilities and community teams.*