

Visitors to Regional Eating Disorders Unit Policy

Family and friends are welcome to visit the unit during open visiting hours. The ward runs a therapeutic group programme and set mealtimes, so we would ask that any visits are arranged out with these times. Open times are:

Monday – Friday 7 – 8pm

Weekends – 3.45 – 4.45pm and 7 – 8pm

However, there is flexibility for patients on bed rest, visitors travelling long distances and patients with young children. We ask that the patient and families speak with the team regarding their needs and the team will do their best to accommodate without compromising the patients treatment programme.

Restricted access at main door to the Regional Eating Disorders Unit means staff will request visitor's identity prior to entering, to ensure safety within the environment.

Visiting takes place in the group room, family room and sitting room.

Bringing items to the ward

We would ask that any items brought to the ward are given to the nursing team for checking before they are given to the patient. This is to ensure the safety of all in the ward and is ward protocol.

Permitted items

- Weather appropriate clothing, underwear and pyjamas
- Indoor shoes and slippers
- Toiletries
- Hairdryer/straighteners – electrical items need to be checked by hospital electricians to ensure they are safe before you use them on the unit
- Phone and charger – phones and tablets should remain in patient's room throughout the admission.
- Tablets/laptops and chargers
- Wireless headphones
- Books/magazines
- Activities e.g. colouring, craft projects etc. – any sharps will be removed and stored securely
- Washing powder/tablets – powder is provided, own powder/tablets can be brought
- Current medication – this should be handed to staff on admission

Items not permitted

- Drink containers/juice bottles/mugs
- Water/ drinks or food – unless approved by staff
- TV's/set top boxes – these are provided for patients on bed rest

- Any sharps e.g. tweezers, scissors, craft tools and razors – please consider alternative hair removal methods
- Any glassware e.g. vases, photo frames, drinking glasses
- Any items of furniture
- Pictures/mirrors/canvases other wall items e.g. bunting, fairy lights
- Any items stored on the floor e.g. storage boxes, baskets
- Own duvet covers, pillow cases, duvets
- Live plants and flowers
- Anything of value, large sums of money or food items
- Unless essential, the delivery of parcels to the ward is discouraged
- Fitbits and activity trackers – please consider alternative types of watches

Visitors under the age of 16 years

Children and toddlers are also welcome to visit, but do require to be supervised during visits. Visits with children will be in the family room. Please make the nurse in charge of the ward is aware if children are visiting so they can make a reasonable risk assessment of the ward environment at that given time. Children are the responsibility of the accompanying adult at all times. It is important to keep the connection between parents and their children therefore we ask that the patient speaks with the team with regards their needs for having their children visit in the ward and the team will do their best to accommodate this out with the patient's treatment times.

Calling for assistance

If any risks were identified for visitors, staff would provide a personal alarm and give clear instructions of use. There are also emergency call buttons in the rooms allocated for visiting should visitors need to call for assistance.

Infection Control

If visitors have any symptoms of illness, e.g. COVID, diarrhoea or vomiting we ask that they refrain from visiting until symptom free for a minimum of 48 hours.

Unfortunately, Infection Control Criteria means we can no longer permit flowers or plants in the ward.

Fire Safety

There is a planned fire drill on Wednesday mornings at 9.30am. If the alarm sounds out with this time, visitors should assemble in the lounge area and follow instructions from the nurse in charge. If you are first to find a fire, please alert a member of staff who will initiate the fire alarm and start evacuation procedure.

Safety of All

We aim to keep all patients, visitors, and staff safe in REDU, therefore any visitors posing a risk to patients, other visitors or staff will be asked to leave the ward with the assistance of hospital security if required.

Violent or aggressive behaviour will not be tolerated.

Please do not visit the ward if you are under the influence of drink or drugs.