



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Looking After Your Mental Health on Ward 17 and Rainbow Ward

Information for patients, relatives and carers

① For more information, please contact:

Paediatric Mental Health Liaison Team
Ward 17, The York Hospital,
Wigginton Road, YO31 8HE

Telephone: 01904 726017

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The mental health liaison nurses

We are a small team of children's nurses who work with young people staying on Ward 17 at York Hospital and Rainbow Ward at Scarborough Hospital. Who can support you during treatment for your mental and physical health. We will:

- spend time with you where possible and if you want us to.
- Talk to you, listen or just be a friendly face during your stay.
- Support you at times of the day that you may find difficult. This could be mealtimes or when you are having meetings with other professionals such as CAMHS or the eating disorder team.
- Help you with other issues that you may be having.
- Tell you about other people and services who can help.
- Explain your care to you and get your opinion on the things that are important to you.

We work in both York and Scarborough hospitals, so even if we do not see you in person, we will know about your admission.

Why are you here?

Sometimes, people need support with their physical and mental health at the same time. It is likely that you have been admitted onto the ward for medical treatment. This may be following a visit to A&E after taking an overdose or an episode of self-harm. You may have been referred by your GP or the eating disorder team with concerns about your eating or weight. If you have any questions about this, please feel free to ask the mental health liaison team or your allocated nurse so that they can explain why you are here and how we can help you. If you need to speak to the mental health liaison team, ask at the nurse's station and someone will contact us.

What to expect on the ward

You will be looked after by an allocated nurse; this will not always be the same person and will usually change at the beginning and the end of each day. They will introduce themselves to you at the beginning of their shift. They will check your heart rate, temperature, and blood pressure regularly and give you any medications that you are prescribed.

You will be seen every day by a doctor on the ward who will look after your physical health, this usually happens in a morning. During your stay you might need to have blood tests to check how your body is responding to treatment. The nurses and play team can support you with this if you find it difficult.

Health care assistants on the ward will also help with your care. We provide three meals a day and we can cater for dietary requirements, please let staff know of any allergies. Drinks are always available.

What can I do on the ward?

Play Team wear red or orange t-shirts. They can supply you with fiddle toys and stim toys, a TV and DVD player, games consoles and they have lots of craft supplies to keep you busy during your stay. The play team are not nurses but they can support you if you need medical procedures done during your stay.

You are welcome to use your own phones and tablets and there is free Wi-Fi available on the ward.

If you want to leave the ward for a short period, please discuss this with your nurse who will decide if you are well enough to leave the ward.

Chaperone

If your parent or carer is not with you, you are entitled to have another person with you during any physical medical examinations. Please ask the doctor who wants to examine you for a chaperone.

The chaperone can be a mental health liaison nurse, the nurse who is looking after you or one of the health care assistants.

Patients with an eating disorder

You will be given a meal plan to follow and be supported to choose food that fits with this plan.

We understand that mealtimes can be difficult, so the mental health liaison team, nurses and health care assistants will support you with this if needed.

Your usual community eating disorder team can come to see you while you are on the ward, and you may also be seen by a dietitian from the hospital.

Patients with mental ill health

While on the ward our priority is keeping you safe. Although patients are encouraged to have their own belongings with them during their stay, you will be asked if you have anything with you that could be potentially harmful, including medication, alcohol, or sharp objects. These items will be looked after by the nursing team during your stay.

We will contact the CAMHS Crisis team to let them know of your admission to the ward. They will usually come to see you before you go home to put a safety plan in place.

HEEADSSS questionnaire

You will be given a short questionnaire to complete during your stay on the ward. The questions are about your life at home, at school and what you do in your spare time. It will help us find out if we are doing everything, we can to support you. If you have not been given one, or would like help filling it out, please let the nurses know.

Information sharing

We might talk to other professionals involved in your care. This means we might share information in a confidential way to try to find the best support for you. Where possible this is usually done with your and your parent's consent.

Visiting

Your parents can stay with you overnight. We will make them up a bed next to you. Other visitors are allowed on the ward 2pm to 8pm, but no more than four visitors to a bed.

All visitors under the age of 18 need to be accompanied by an adult.

Nursing staff have the right to ask visitors to leave if it is thought to be in the best interest of other patients on the ward.

What we expect from you

Smoking/vaping

Smoking and vaping are not allowed on any hospital premises including no smoking in the hospital grounds.

Please discuss with nursing staff if you want to leave the ward to smoke or vape. They will base their decision on whether you are well enough to be away from the ward. Stopping smoking advice is available and nicotine patches can be prescribed. For more information speak to the nurse who is looking after you.

Behaviour

Where possible, please be kind and respectful to staff and other patients while staying on the ward. Please remember that this is a children's ward, so please do not deliberately behave in a way that could be intimidating to others.

Physical or verbal abuse towards staff or patients will not be tolerated.

Places that you can find support:

Emergency crisis

CAMHS Crisis - 0800 516171

Samaritans – 08457 909090

Support with feelings, relationships and abuse

- www.childline.org.uk
- www.nspcc.org.uk

Mental health support

- www.youngminds.org.uk
- www.giveusashout.org or Text 85258

Eating disorder support

- www.beateatingdisorders.org.uk

Bullying

- www.kidscape.org.uk

Gender and Sexual health

- www.yorsexualhealth.org.uk
- www.theproudtrust.org

Drugs and alcohol

- www.talktofrank.com

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

The Mental Health Liaison Nurses, Ward 17, York
Hospital, Wigginton Road, YO31 8HE
Telephone: 01904 726017

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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