

# Coming into hospital

Information for patients agreeing to  
come into hospital informally



Ward  
(if known)

Bradgate Unit  
Glenfield Hospital  
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## Coming into hospital

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Following an assessment by a mental health professional it is felt that admission to hospital is necessary for you at this point. We feel being in hospital will keep you safe while we help you to get better. In order for you to agree to this we feel it is important that you understand what you are agreeing to. Therefore, we have written down some useful information about what you can expect when coming into hospital.

As an informal patient you have come into hospital voluntarily. It is likely that you know you are unwell and need to receive help and support.

## Before you go to hospital

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Please take appropriate day clothes and toiletries for your stay on the ward. Laundry facilities are available, but we do not provide clothing or toiletries. We would also advise you not to bring large amounts of cash or valuables to the ward.

## Wards

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The Bradgate Unit has seven acute wards and one psychiatric intensive care ward which provide care in a safe environment for people experiencing an acute mental health illness. We have a combination of old and new wards. Some of the wards are single sex, this means they will be either male or female only. Some of our wards are mixed sex, having both male and female patients cared for on these wards. Male and female sleeping and bathroom facilities are separate on mixed sex wards. Though we are not able to guarantee that you will have your own bedroom whilst you are in hospital, we will try to make your stay as comfortable as possible.

## Transfer between wards

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It is important that you are informed that sometimes we have to transfer patients between wards to accommodate new admissions and wherever possible ensure that patients are cared for in the most appropriate environment. What this means is that although you may have been admitted to one ward it may be necessary to move your care to a different ward. You will still receive the high

standard of care and your care plan and information will follow you. This transfer would only happen after we have explored all options.

## **Treatment**

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On admission, you will be seen by a doctor who will further assess your mental health and carry out physical observations. They may, with your consent, prescribe you some medication. You will then be seen by a consultant psychiatrist to look at your longer-term care. While on the ward you will have the opportunity to talk to nursing staff and see a doctor if needed.

## **Observations**

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While you are in hospital, part of your care will include the use of therapeutic observations. This means that staff will check on your wellbeing and whereabouts at regular intervals throughout your stay. This will form part of your treatment and gives the team an idea of how you are progressing on the ward.

## **Discharge and leave from the ward**

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To ensure the safety of all our patients, all wards have restricted access and you will need permission to leave the ward (egress). If you want to be discharged or go on leave from the ward, please speak to a member of staff. If staff feel this will be unsafe, they may take steps to prevent you from leaving under Section 5.4 of the Mental Health Act. This will only happen in the interest of yours or others safety.

## **Early discharge planning**

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We believe in treating people in the least restrictive environment, therefore when it is felt that it is safe to do so, you may be referred to our early discharge service. This service enables us to treat people that are still very unwell at home, if appropriate.

## **Smoking**

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The Trust is normally smoke free but during the Covid pandemic the policy has been relaxed and smoking is permitted in the ward gardens. In order to help you quit smoking - nicotine replacement therapy products are available and free from our pharmacy. The use of disposable-cigarettes is allowed but can only be used either

in the ward garden or in your bedroom area . Cigarettes cannot be purchased within the hospital grounds. The hospital grounds remain smoke free for the health and safety of patients, staff and visitors.

## Facilities

There is limited access to shops. A mobile snack service visits the unit on a daily basis selling snacks and newspapers. The involvement centre within the Bradgate Unit sells snacks and sweets throughout the day from 10am Monday to Friday. Alcohol, drugs or items which could be considered as weapons must not be brought onto the hospital site by either yourself or visitors. Items which may pose risk, such as razors and glass, need to be handed in to the nursing staff for safe storage.

## Safeguarding

Safeguarding means protecting a persons wellbeing and human rights; enabling them to live free from harm, abuse and neglect. All NHS services have a duty to safeguard those who use their services. Anyone can experience abuse and it can happen in the home or outside of the home.

When you are admitted to hospital we will ask you questions about your personal and home circumstances. If you want to share any concerns about abuse we are available to help you. There may

be times when we need to take action to safeguard you or others.

In most circumstances someone will discuss those actions with you.

**If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.**

Date implemented: January 2017  
Last reviewed: July 2021  
Review date: July 2023  
Leaflet No. 391 Edition 2