

## ADDICTION UNIT (ADU) 28-DAY REHABILITATION AND DETOX PROGRAMMES

### Therapeutic Community Boundaries and Patient Contract

**Patient name:**

**Consultant name:**

**Date of admission:**

**Welcome to Nightingale Hospital's addiction treatment unit.** The regulations outlined below have been put together to provide the optimum therapeutic environment to support your recovery and to ensure your safety and the safety of other patients in the unit.

Please read this document carefully so that you fully understand what is expected of you on the addiction programme. During your admission, the nursing team will go through these regulations with you. The nursing and therapy teams are here to support you as you take the brave step to embark upon the journey towards overcoming your addiction.

**If having read these guidelines, you feel you will be unable to abide by them, we ask that you consider whether this is the right time to commit to treatment and continue with your planned admission.**

You will be required to adhere to all these regulations. If you fail to do so, we will have to address your motivation for being on the programme and your suitability for the addictions unit (ADU). This will ultimately lead to being discharged.

#### **Nightingale Hospital COVID-19 guidelines**

You will have to adhere to current hospital COVID-19 guidelines. Please refer to the document '**COVID-19 safety precautions at Nightingale Hospital: What to know about your inpatient admission during this time**' for detailed information about the hospital's COVID-19 protocols. If you decline screening, you will not be able to be admitted.

#### **Respect and safety**

1. We aim to build and maintain a relationship with patients characterised by mutual trust and respect towards staff and other patients. However, whilst most patients are trustworthy, there may occasionally be those who do not maintain the same high standard of integrity. Should we have reason to suspect wrongdoing or transgression of unit boundaries, to protect all patients, we have a contractual right to carry out searches of patients' rooms. These do not require patient consent.
2. You will be expected to cooperate with staff requests for blood, saliva and urine samples for drug and alcohol screenings, some of which may be random. If you refuse to provide a sample on demand, you will be stepped off the programme and issued with a warning. Your suitability for re-entering the programme will need to be discussed within the multidisciplinary team (MDT). In addition, you will be expected to comply with requests, for property searches and room searches.
3. Patients are to use communal spaces within the hospital, including the lounge, for socialising purposes. Patients must not enter the bedrooms of other patients. We request that patients leave the communal spaces by 23:30 and return to their bedrooms.

4. Patients are not permitted to access other wards within the hospital. Similarly, patients from other wards are not permitted onto ADU. You must not socialise with general psychiatry patients.
5. Smoking and vaping are restricted to the designated smoking areas within the hospital. This is in line with UK government legislation. If you wish to smoke, you can go to the smoking area unescorted. If the nursing team have any concerns about you using the smoking area, they will discuss the appropriate options with you.
6. Please be mindful of conversations held outside of group sessions, as some topics could be triggering for other patients. Socialising in the courtyard should be limited to smoking times and short breaks. If you have any concerns around the disclosure of information, sensitive topics of discussion and/or behaviours, these should be raised with a member of staff.
7. Confidentiality must be always respected and adherence to the ADU group rules followed at all times.
8. Please do not lend money or valuables to other patients or buy items for each other.
9. Aggressive or intimidating behaviour from patients will not be tolerated and will result in you being discharged.
10. Only patients on the rehabilitation or detox programme are permitted on the ADU ward.
11. Please do not form *romantic or exclusive* relationships with *any* patients in the hospital, be these emotional and/or sexual.
12. Some patients have experienced trauma in relationships. In recognition of this, you should be mindful and considerate about your language, dress code and body language.

#### Food and drink

1. You will be expected to eat in the dining room with other patients.
2. Takeaways and food deliveries are not permitted except for one weekend evening each week. The nursing team will advise which evening this will be each week and facilitate ordering the takeaway for you. The takeaway order will be at your own expense.
3. To support you against potential cross-addicting to other substances or behaviours, you are not permitted to buy and consume excessive amounts of sugary foods.
4. Caffeine is a psychoactive substance and has stimulant properties. Too much caffeine can contribute to insomnia, nervousness, anxiety, irritability, and gastrointestinal issues and may cause heart palpitations. You should keep your caffeine consumption to no more than 4-5 cups of tea/single-shot coffee per day.

#### Leave from the hospital/visitors

1. You will not be permitted to leave the hospital for the whole duration of your inpatient treatment, apart from in the following scenarios:
  - You require something from one of the shops close to the hospital (personal toiletries, etc.) If this is the case, you will be accompanied by a member of the nursing team.
  - You will be allowed off-site for all ADU-approved therapeutic activities.
  - You are allowed to have visitors to the hospital for a prescribed 4-hour window on a weekend. Please refer to the ward timetable or speak with the nursing staff for this specific time. With approval from the multidisciplinary team (MDT), you will be allowed out with trusted family/carers during this time. You are not permitted to visit your home during this time. You will be breathalysed and drug tested upon return.
2. Overnight leave is not permissible for any ADU patients.
3. You should defer medical appointments until after your hospital stay is complete. Permission by the multidisciplinary team (MDT) is likely to be granted only for urgent medical emergencies.

4. Family and significant others will be invited to participate in family support meetings during the treatment (please discuss this with the therapist in your first meeting).
5. Consultants and doctors are not permitted to access patients during scheduled therapy.

#### Electronic and network devices

**Upon admission, you are required to relinquish any mobile, electronic and/or network devices you have. These will be stored safely by the nursing team and your use of these devices will be restricted.**

1. You will only be permitted to use electronic devices or smart devices such as mobile phones, laptops, tablets, iPads, smart watches, gaming consoles or networked devices during these prescribed times:
  - Mon-Fri 16:30 – 18:00 hours
  - Sat-Sun 09:00 – 18:00 hours
2. If you return your electronic device or smart devices outside the prescribed times or hand your device in late, you will receive a formal warning.
3. You are not permitted to access other patients' electronic devices or smart devices.
4. If you use your devices for sex apps, gambling or as a direct pathway to an addiction, you may not be allowed smart and networked devices. We would encourage you to get a non-smart phone allowing you to stay connected to loved ones during the prescribed times during your admission.
5. You are not permitted to ask other patients to communicate on your behalf through their devices or by other means.
6. If the clinical team feel the use of the television is detrimental to the recovery process, the multidisciplinary team (MDT) reserves the right to implement restrictions on its use.

#### Therapeutic engagement

1. You are not permitted to miss any therapeutic activities until after this has been discussed and authorised by both the nursing and therapy teams.
2. Consultants are not allowed to grant you permission to miss any groups.
3. You will be allocated an individual therapist during your treatment and must attend weekly sessions with the therapist.
4. You must complete written assignments as allocated by the therapy team. These assignments are to be completed outside of programme hours and should be presented within the agreed time.
5. Repeated non-attendance to groups will result in being stepped off the therapy programme until reassessment takes place. The reassessment could result in you being discharged.

#### Drug/alcohol and addictive behaviours

1. If you consume alcohol, non-alcoholic drinks, alcohol teas, energy drinks, highly caffeinated drinks, drugs or mood-altering substances or stimulants (including CBD oil) or gamble during treatment this will be a relapse. Regarding energy drinks please check with nursing staff. You will not be permitted to use the social areas. You will receive a formal warning and could be potentially discharged from the ADU programme. You will not be permitted to attend therapy groups for a 24-hour period, and you will be asked to complete a written relapse assignment and present this to your peers.
2. All medication is expected to be handed to nursing staff on admission for safekeeping and patients are not allowed to buy over the counter medication without Nightingale medical consent.
3. You must not bring any drug paraphernalia, pornography or sexually explicit literature, audio or visual material (this includes pictures, magazines, reading materials, DVDs, clothing or other equipment) or sex toys into the hospital.

4. You are not allowed to engage in online shopping or receive any deliveries of online shopping during your admission. You must not ask any other patients to buy things for you or take delivery of items for you. Should you transgress these rules, you will receive a formal warning and could be potentially discharged from the ADU programme. You will not be allowed to attend therapy groups for a 24-hour period, and you will be asked to complete a written relapse assignment and present this to your peers.
5. Nightingale Hospital has a small onsite gym. You will be permitted to use this daily, for a maximum of 45 minutes outside of therapeutic activities.

### Grounds for discharge

A deliberate violation of any of the rules outlined in this document may be considered grounds for discharge. In the event of the need to take disciplinary action, the procedure may include:

1. **First instance:** Verbal warning
2. **Second instance:** Written warning
3. **Third instance:** Final written warning and/or discharge.

Suspension can come at any stage of this disciplinary procedure.

Participation in any of the following behaviours may be considered grounds for **immediate discharge** at the discretion of the MDT:

- Possession and/or use/distribution of any mood-altering substances or addictive behaviours.
- Possession of weapons.
- Physical violence or threats of physical violence either verbal or non-verbal.
- Stealing.
- Sexual misconduct.

The hospital may be obliged to inform the police.

**Should you be discharged from the hospital due to breaking this contract or taking your own discharge against medical advice, we will need to allow one month before assessing your suitability for readmission.**

This may also mean that your suitability to attend the aftercare group will be reviewed. The hospital reserves the right to refuse readmission following a breach in order to maintain a safe environment for the inpatient community.

*By signing, I understand and consent to the above regulations. I also understand that my placement on the addictions unit (ADU) is contingent on compliance, and I will respect and follow these to gain maximum benefit from this programme.*

### To be signed on admission

Patient signature: \_\_\_\_\_

Date: \_\_\_\_\_

Nurse signature: \_\_\_\_\_

Date: \_\_\_\_\_

### To be signed during therapy assessment

Patient signature: \_\_\_\_\_

Date: \_\_\_\_\_

Therapist signature: \_\_\_\_\_

Date: \_\_\_\_\_