

COVID-19 safety precautions and inpatient visiting information

What to know about your inpatient admission

At Nightingale Hospital, our primary aim is to ensure that patients and staff remain safe, healthy and protected. We have implemented many robust measures in response to COVID-19. The main things you need to be aware of are listed below. The protocol for visitors are detailed on the second page.

Your admission

- Upon arrival, you will be tested for COVID-19 using a lateral flow test (LFT), regardless of your vaccine status. If the LFT is negative, no isolation is required. If the LFT is positive, you will be required to undertake a PCR test and **self-isolate in your bedroom** whilst awaiting the results of the PCR test which are usually received within 24 hours.

If you test positive for COVID on admission, during your inpatient stay or present with COVID-like symptoms post-admission

- Regardless of your vaccination status, if you test positive for COVID-19 on admission, during your inpatient stay or present with COVID-like symptoms, the ward doctor will be called to undertake further assessment. You must stay in your bedroom until you have been assessed by the ward doctor and a decision is made about where you will isolate.
- Depending on your circumstances, you will either self-isolate in your bedroom at the hospital or you may be allowed to isolate in your home. The ward doctor will discuss your options with you. If you self-isolate in your bedroom at the hospital, you will not be allowed to leave your room.
- Whether you isolate in your home or in your bedroom at the hospital, you will be required to take a LFT on days 5 and 6 and must be consecutively negative to come out of isolation.
- Please be advised that during this time of isolation, you will have access to a reduced therapy programme, as you will only be able to access remote group sessions. This will be communicated in detail to you by the therapy or nursing team.

Regular rapid lateral flow testing for all inpatients

- Your test results will be recorded on your private patient record. This is done to protect the health and safety of all patients and staff at the hospital and will be kept strictly confidential.
- Rapid lateral flow tests give a result in 30 minutes using a self-swab device.
- You will need to self-swab under staff supervision.
- Additional testing will take place in the following circumstances:
 - If you become symptomatic or have suspected or confirmed exposure to a COVID-19-positive person.

Your group therapy programme

- A large part of your therapy programme will be face-to-face, with COVID-19 safety guidelines being followed at all times.
- A few group therapy sessions will be delivered remotely via Zoom to continue to maintain social distancing. You will be able to join these groups from the comfort of your bedroom. If you do not have an electronic device, the hospital can provide one for you for the duration of your stay.

Inpatient visiting information

- Prior to visiting, all visitors should call the ward they are planning to visit. Please confirm the name of the person you wish to visit and the time. The ward phone numbers are listed at the end of this communication.
- Please be advised that patients can only have a maximum of two visitors at any one time.
- Upon arrival, visitors will be asked for their full name, and the name of the inpatient they are visiting.
- Visitors will be issued a lanyard and a visitor's pass, which will need to be worn and remain visible for the entirety of their visit. Staff will ask for this to be returned upon departure.
- Staff will offer disposable face masks and we encourage you to wear these whilst in the hospital.
- Please note that access to other areas (i.e., outside courtyard, dining room, ward kitchens, lounges, smoking areas, and other patient bedrooms) will not be permitted during visits.
- Anyone with COVID-19 symptoms should not visit Nightingale Hospital.

Inpatient visiting times

For visits to patients at the hospital

- **On weekdays**, visiting times are from 17:00 and 21:30.
- **On weekends**, visiting times are from 10:00 until 21:30.
- **Visits to patients on the ADU** will take place during a prescribed 4-hour window on a weekend. Please refer to the ward timetable or speak with the nursing staff for this specific time.

For visits to patients on the eating disorders unit (Bendall Mews)

- **On weekdays**, visiting times are from 19:00 until 21:00.
- **On weekends**, visiting times are at the discretion of the unit as visits should not interfere with any weekend scheduled groups.

If there is a confirmed COVID-19 case

- **Visits need to be pre-booked with the wards.**
- All visitors must have a confirmed visiting time that has been agreed upon with the ward. The hospital will be unable to facilitate ad-hoc visits.
- Visits will be limited to 1 hour (requests for extended time will be reviewed on an individual basis).

For visits to patients at the hospital

- If there is a confirmed COVID-19 case within the ward you are planning to visit, all visits to patients on this ward will temporarily take place in room B17.
- **For visits in B17**, there will be three distinct visiting slots: 17:00 - 18:00; 18:00 - 19:00 and 19:00 - 20:00. **Visits to patients on the ADU** will take place during a prescribed 4-hour window on a weekend. Please refer to the ward timetable or speak with the nursing staff for this specific time.

For visits to patients on the eating disorders unit (Bendall Mews)

- If there is a confirmed COVID-19 case within the eating disorders unit (EDU), all visits to patients on this unit will temporarily take place in the therapy room on the second floor of the EDU.
- For visits in the therapy room, there will be two distinct visiting slots: 19:00 - 20:00 and 20:00 - 21:00. Visits will be prioritised on clinical needs of the patient.

For the safety of all patients, staff, and visitors, we would like to remind you that there are prohibited items that cannot be brought into the building (for example drugs, alcohol, scissors, plastic bags, glass bottles, and pornography). [Please click here for the detailed list of restricted items.](#)

Unit contact numbers

Ground floor ward

020 7535 7822 or 020 7535 7912

Ward 1B (male)

020 7535 7823 or 020 7535 7913

Third floor (addictions)

020 7535 7715 or 020 7535 7930

Ward 1A (OCD and related disorders)

020 7535 7917 or 020 7535 7918

Second floor (female)

020 7535 7783 or 020 7535 7784

Fourth floor

020 7535 7911 or 020 7535 7910

Eating disorders unit (Bendall Mews)

020 7535 7782 or 020 7535 7777