Unit Guidelines

Smoking Policy
Hospital policy does not allow smoking within the building. There is a designated smoking area located outside the hospital on the main floor. If you are an involuntary patient, smoking privileges will need to be ordered by a doctor. If you desire, nicotine replacement therapy may be available to you.

Bedtime
Many people on this unit have sleep problems. While you are in hospital it may be a good opportunity to begin regular sleep patterns. We encourage you to settle in your room between 9 pm to 10 pm.

Electronic Devices
Cell phones are not permitted. Ask your nurse about using other electronic devices such as iPods.

Visiting Hours
Visiting hours are 10 am to 9 pm. The nurse may adjust these hours depending on what is best for you. Visitors are allowed providing they are safe, they follow hospital policies and support your treatment plan. Visiting children must be supervised at all times by a responsible adult. If you require visitors outside these hours, please speak to staff.

Discharge
The Secure Medical Unit has very close ties with many resources and community-based programs. Discharge planning begins at the time of admission. Each patient has a unique discharge plan depending on their situation, their level of need and safety.

If you are a voluntary patient, you can choose to discharge yourself from hospital at any time. If this is against the doctor’s recommendation, you will be asked to sign a form indicating that you are leaving Against Medical Advice.

This brochure is designed for patients, families and others who want to know more about the Secure Medical Unit at the Whitehorse General Hospital.
If you think you need help, it is recommended that you first meet with your doctor and/or community supports to discuss your symptoms and possible outpatient treatment options.

If the problem persists and it is interfering with your daily functioning where you no longer feel safe or are unable to cope, you can meet with your family doctor to arrange a direct admission into hospital. Or, if you do not have a family doctor or cannot get into see your doctor, you can go to the Emergency Department of the hospital where you will be assessed.

If admitted to hospital, your health care team may consist of Psychiatrist, Mental Health Social Worker, Psychiatric Nurse, First Nations Health Liaison, Licensed Practical Nurse, and Doctor in order to provide a holistic approach to your health.

Voluntary Admission
As a voluntary patient, it is agreed you are willing to stay in hospital, you understand your need for treatment, and that you are not a danger to yourself or others.

Involuntary Admission
As an involuntary patient, it has been determined you may be a danger to yourself or others, your judgment is impaired, you lack understanding into your condition or into the consequences of your behavior/actions, and you refuse to stay in hospital voluntarily.

What privileges do I have while I am in the hospital?
While you are a patient on the Secure Medical Unit, our goal is to create a safe, secure and therapeutic environment for you and other patients. Some of your privileges will be decided by the doctor and mental health worker based upon our risk assessment, your treatment plan and over all safety. While we believe that all patients deserve to be treated with respect and dignity, potential risks need to be reduced and to ensure that the environment remains stable and safe for everyone. As such, the following rules are in place:

- There is NO alcohol or street drugs permitted on the unit.
- Articles or bags that you or visitors bring to the unit will be searched by staff.
- Verbal abuse toward staff or other patients, assault, theft or property damage will NOT be tolerated.
- The doors may be locked to ensure the safety of those patients who may be want to leave,
- If you are an involuntary patient, your doctor will decide if you are allowed off the unit,
- If you are an involuntary patient, hospital clothing will be provided,
- Passes to leave the hospital grounds will be ordered by a doctor and will be at the discretion of your health care team.
- If you are a voluntary patient and you do not return from your pass you may be discharged.
- If you are an involuntary patient and you leave without a doctor’s order, the RCMP will be notified and they will return you to the hospital as stated in the Mental Health Act.