



Hôpital
Douglas
Hospital

Welcome
to the Burgess 1 Unit

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to the Burgess 1 Unit

Our Burgess 1 treatment team has created this information guide in order to help you become familiar with our care, services, and activities.

We provide short-term psychiatric care, as well as general medical care, if needed, to an adult clientele.

Our team is composed of nurses, nursing assistants, general physicians, social workers, patient aides, an occupational therapist, a pharmacist, support staff, and stagiaires affiliated with different colleges and universities.

Our unit's values

Our team focuses on enhancing your well-being by creating conditions that will support your recovery – by maintaining a peaceful and harmonious environment.

During your time with us, we ask you to respect the following values:

- **Respect the personnel and the other clients**
- **Encourage a peaceful atmosphere**
- **Neither possess nor consume drugs or alcohol**

**“The Simplest of Rules is also the Best:
Do as you wish to be done by.”**

– Dr. Thomas Burgess

Charles H. Cahn, M.D., Douglas Hospital, 100 Years of History and Progress, Douglas Hospital, Verdun, 1981, p 31.

Your stay at Burgess 1: the itinerary

Step 1: Your personal belongings

Upon your arrival, we ask that you complete, in the presence of a nurse, a form designed to record your personal belongings. As a matter of security, we also ask you to provide us with any objects in your possession that could be dangerous, as well as your medication(s) and certain personal items. Any objects of value must remain with your family. A security box, situated on the unit, will be assigned for your use.

Step 2: Your treatment

You will be assigned one of the doctors from our unit, as well as a day nurse and a night nurse. Your treatment will be individualized, and may include the administration of medication, psychotherapy, group meetings, and psycho-educational activities. Evaluations and therapeutic sessions with occupational therapists, a psychologist or a social worker may be offered, depending on your treatment plan.

We emphasize that your collaboration is essential to the improvement and maintenance of your state of health. Please note: if you, or your family, wish to have a meeting with the doctor who is treating you, please notify your nurse, who will convey your message.

Step 3: Your departure

Before you leave the unit, our treatment team will communicate with the team located in the sector where you live, in order to plan and organize your therapeutic follow-up. For those moving into a family-type residence, your therapeutic follow-up will be conducted by a specially-designated staff member.

Useful information

The rooms

The doors in each room are locked every morning from 9:30–11:00 a.m., in order to allow easy access by Housekeeping Department staff.

Meal schedule

Breakfast: 7:30 a.m.

Lunch: noon

Dinner: 5:00 p.m.

Telephone calls

You may receive and make local telephone calls (with no additional charges) between 8:00 a.m. and 9:00 p.m. at (514) 761-6131, extension 3620 and 3630.

For long-distance calls, you must ask for a nurse's assistance.

Visiting hours

You may receive visitors 7 days a week (during afternoons, between 2:00 and 4:00 p.m. and during evenings, between 6:00 and 8:00 p.m.).

Smoking

The smoking room is the only area where you may smoke; it is open from 6:00 a.m. – 11:00 p.m. All lighters and matches must be kept at the nursing office after 9:30 p.m.

Laundry room

A laundry room is available on the unit. It is open between 8:00 a.m. and 9:00 p.m. Use of the facilities, as well of laundry detergent, is free of charge.

Outings

You must advise your nurse if you wish to take an outing outside your unit. In certain circumstances, the treating physician may authorize outings. Please note that these outings are temporary in nature, and may refer to periods as varied as 30 minutes, a day, a weekend, etc.

When you are under "temporary confinement", you may not leave the unit for any reason. You may also be requested to wear hospital garments (i.e. a hospital gown).

You have rights

You have the right

to receive, in clear language, all pertinent information relating to your treatment and your medication;

You have the right

to know the options that are available to you;

You have the right

to refuse or stop treatment, or follow-up;

You have the right

to participate in decisions that affect your health or well-being, such as any additions or modifications to your treatment plan.

If you believe that your rights are not being respected, you may notify the:

Ombudsman

(514) 761-6131, extension 3287

Beneficiaries' Committee

(514) 761-6131, extension 2286

Notes

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