



Adult Eating Disorder Inpatient Program

Admissions Information

Welcome to the adult eating disorder inpatient program at Rogers Memorial Hospital. To help make your admission go smoothly and your stay as comfortable as possible, we ask that you read through this information sheet. By carefully reading the information and following this packing guide, you will arrive at our hospital with all the necessary documents and personal items. If you have any questions while preparing and packing for your hospitalization, please contact the admissions department at 800-767-4411.

Important points about the program

Rogers' inpatient program provides intensive treatment for adults with eating disorders. We welcome people who have a variety of struggles with eating disorders to this program, and it is common to encounter a diverse population during your stay. Some of the many reasons people may require inpatient treatment for an eating disorder are: abnormal blood work; being significantly underweight; out-of-control bingeing and/or purging; feelings of harming themselves or others; and/or having significant medical conditions as a result of an eating disorder.

Because of the intensive monitoring required at this level of care, there are certain things to expect:

- All of your belongings will be thoroughly checked by a staff member to ensure that your clothing and personal hygiene items are safe and appropriate for use (see the "Packing guide" section below for details).
- The entrance doors to our program are locked for the safety of our patients. The majority of our programming occurs on the unit or within the main hospital building; you will be escorted by staff whenever you leave our program area.
- Based on a series of detailed assessments given shortly after admission, the treatment team will develop your individual treatment goals and then facilitate and monitor your progress during your inpatient stay. The length of time you will be in the program will be determined by your treatment team and you.
- Due to the serious health conditions that people in this level of care experience, there are no formal exercise programs (including, but not limited to, stretching and yoga).
- The program's attending physician needs the most current information about your health, including blood work and an electrocardiogram (EKG). Even if you have had these tests completed recently, we may require you to have them repeated at a local medical hospital or within our facility.

Many times people in our inpatient program will transfer within the Rogers system to the Eating Disorder Center for residential treatment or to one of our specialized partial hospitalization programs. Different expectations apply for each level of care, so what you are asked to bring to one of these programs will be different than what is allowed in an inpatient setting.

Packing guide

As part of your orientation, a staff member will thoroughly check all of your belongings with you. Please note that, for safety reasons, belongings may be put in locked storage until they can be inspected with staff. Upon inspection with staff, some items may be returned to you immediately. Some items will have to stay in storage for the duration of hospitalization, but may be checked out if needed. Any items that cannot be used while you are at the inpatient program will be secured by Rogers' staff until your discharge.

If you are planning to transition to the Eating Disorder Center residential program following your inpatient stay, please review the center's admission checklist, as the items you can and cannot bring vary depending on the level of care. We recommend that you pack a separate bag with those items; they will be stored and returned to you upon your discharge from the inpatient program.

Mandatory items:

- Latest copies of medical records, blood work and electrocardiogram (EKG) as directed by our admissions department. These results must be faxed to 262-646-7877 and reviewed prior to admission.
- Names, addresses, telephone numbers and fax numbers of your current outpatient providers, including your primary care physician, psychiatrist, therapist/counselor and dietitian.
- Insurance card, prescription card, name and phone number of your pharmacy, along with your prescriptions in their original containers. *This is for verification purposes, as these medications will not be used during your stay.*
- Any over-the-counter medications, supplements and vitamins that you take on a routine basis in their original packages. *This is for verification purposes, as these medications will not be used during your stay.*
- Legal paperwork such as advanced directives, guardianship, probation/parole, custody papers.

Recommended items:

- Comfortable clothing appropriate for the season, with the following guidelines in mind:
 - ✓ Clothes and jewelry that refer to alcohol, eating disorder behaviors, drug abuse or promote violent behavior are not allowed.
 - ✓ Sexually provocative clothes (bare midriffs, shorts or skirts that are short, baggy or display underwear) are not to be worn.
 - ✓ Please consider bringing comfortable clothing to accommodate weight restoration if that is a treatment objective.
 - ✓ No clothing with belts or strings (e.g., hooded sweatshirts or drawstring pants).
 - ✓ Temperatures in the rooms may vary; for your comfort, please bring clothing for layering.
- Proper footwear for indoor and outdoor activities (no shoelaces permitted). *For safety reasons, state health codes require you to wear footwear in public areas of the program.*
- Sleepwear without a drawstring and robe with no tie (for sleep time only); slippers
- Personal hygiene items such as toothpaste, toothbrush, shampoo, conditioner, deodorant, cosmetics (no glass containers / no mirrors).
- We provide linens; however, please consider bringing a pillow and/or blanket from home to make your stay here more comfortable.

Optional Items:

- Stamps, envelopes and stationery
 - Books and other reading materials (no staples; no exercise, diet / food books or magazines)
 - Battery-operated alarm clock / radio (no cords)
 - Pictures of family and friends (no glass frames)
 - Hair dryer/curling iron *
 - Electric Razor (no disposable razors) *
- * Electrical items will be checked-in and -out with staff for use

Items Not Allowed:

*For safety reasons, staff is required to check for these items at admission and periodically during your stay. The following items will not be allowed on the unit. ► **Please leave your jewelry and other valuables at home!** ◀*

- ✗ Items restricted by state law (examples include alcohol, drugs)
- ✗ Pens or pencils – Please do not bring writing utensils as the hospital will provide.
- ✗ Laptops, iPods/MP3 players, cell phones or other personal electronics with built-in cameras or recording capabilities
- ✗ Candles or Incense
- ✗ Any food or drink from the outside (including bottled water); candy or gum of any kind
- ✗ Heating pads or electric blankets
- ✗ Cameras / Televisions / Personal DVD players / Stereos / Gaming Equipment
- ✗ Glass containers / bottles; glass picture frames; mirrors
- ✗ Aerosol cans
- ✗ Matches / Lighters
- ✗ Pins, tacks or needles
- ✗ Belts, clothes with drawstrings, shoes with laces
- ✗ Inappropriate or sexually provocative clothing

If you smoke

We recognize that some people who come to Rogers are smokers or use smokeless tobacco/nicotine products. We also recognize that many people with tobacco/nicotine addiction want to quit. Our physicians are eager to assist you if you decide to address your nicotine addiction while in treatment here.

Family members and/or friends accompanying you at admission or visiting you during your stay should know that Rogers Memorial Hospital is a smoke-free campus. Family members and visitors are unable to smoke anywhere on campus.

Vehicles

You may have a vehicle on the hospital campus; however, it must be registered with our staff and your license plate number recorded. Vehicles must be parked at a remote site in the main hospital parking lot and keys must be turned in upon admission.

Billing information

We want to make you aware that you will receive separate invoices for any consultations, medications or lab services ordered by the physician. These invoices are your responsibility. You will receive a statement of these charges, regularly, while you are in treatment. If you have any concerns about this, please speak to the manager of patient accounts at 800-767-4411, ext. 1133.