

# Child and Adolescent Inpatient Eating Disorder Recovery

## Admissions information

### Welcome

To help make your admission and stay as comfortable as possible, we ask that you read this information carefully. By following the list, you will arrive at our hospital with all the required documents and personal items. Please refer to this list while packing for the child. If you have any additional questions, please call 262-646-4411 and ask for the Admissions Department.

### What to bring

The items you can and cannot bring vary depending on the level of care. As part of your orientation to the inpatient program, staff will thoroughly check all of your belongings with you when you arrive. *Storage space for personal items is limited; please bring essential items only.* 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 on the inpatient program will be returned to your family or secured by Rogers' staff until your discharge. If you have any questions while preparing and packing for your hospitalization, please contact the admissions department.

#### 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.
- Immunization records
- Names, addresses, and telephone numbers of your current outpatient providers:
  - Primary care physician; pediatrician
  - Psychiatrist
  - Therapist/counselor
  - Dietitian
  - School and guidance counselor
- Name of school, teachers, guidance counselors, and telephone numbers along with current textbooks and other materials related to continuing education needs
- Insurance card, insurance claim forms
- An accurate list of all current prescription and over-the-counter medications. Please include the following information: medication name, dosage, and how often the medication is taken (for example, Prozac, 20mg, one tablet every morning).

#### Recommended Items:

- Comfortable season-appropriate clothing, with the following guidelines in mind:
  - Casual daywear (pants, t-shirts, sweatshirts, sweaters, socks)\*
  - Pajamas, robe without a tie, slippers
  - Undergarments
    - \* No clothing with strings (i.e. hooded sweatshirts or drawstring pants).
    - \* No denim/jeans please
    - \* No shorts or tank tops
- Proper footwear for indoor use. For health reasons, state code requires you to wear shoes when off the unit (slippers are permissible while on the unit).
- Pillow and Blanket or Quilt
- Personal comfort item such as stuffed animal.
- Personal hygiene items\*\* such as toothpaste, toothbrush, shampoo, and conditioner, deodorant, bar soap, cosmetics (no glass/no mirrors).

\*\* *All products must be in plastic containers. These items will be checked out to the patient on an as needed basis.*

#### Optional Items:

- Stamps, envelopes and stationary
- Reading material, special books
- Wireless paper notebook and folder
- Electric Razor - No disposable razors
- Pictures of family and friends (no glass frames)

\*\* *Please note: no cell phones on the unit, iPods or lap tops may be used with a physician order.* \*\*

## 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 valuables at home! \*\***

- Items restricted by state law (examples include alcohol, drugs)
- Do not wear or bring jewelry of any kind with you.
- No battery-operated items. An alarm clock/radio/sound machine is provided in the patient bedroom.
- Please do not bring pens or pencils, as the hospital will provide all needed writing utensils.
- Cell phones
- 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/Stereos/Cameras/Video Games/Large Boom Boxes
- Glass containers/bottles or glass in picture frames/mirrors
- Aerosol cans
- Matches/Lighters
- Pins, tacks or needles
- Items containing alcohol (i.e. mouthwash, hairspray or perfume)
- Inappropriate clothing (i.e. clothing that is revealing, tight, too short, torn, or containing references to drugs, alcohol, gangs, eating disorders, or shows disrespect to anyone).
- Denim

## Program rules

Safety is priority; these rules will be consistently enforced.

- Our inpatient programs are locked for the safety of our patients and the majority of our programming occurs on the unit. Once the treatment team has evaluated your progress, your physician may give the approval for you to leave the program with your family or caregivers.
- Some of our rooms have two beds; therefore you may have a roommate. All patients will be appropriately roomed based on age and gender.
- Food from the outside is not permitted (unless a therapeutic family meal is ordered by the treatment team).
- Cell phones are not allowed and parents will be asked to take them home. Visitors are asked to leave their cell phones in their vehicle for confidentiality purposes.
- Bathrooms are locked and bathroom time may be supervised by trained hospital staff
- Please note: The program is co-ed, so both girls and boys may be participating in groups

## Length of stay

The length of stay is typically 14 days for medical and nutritional stabilization; however there are many variables to be considered such as past history, current status and stage of illness, support systems, resources, risk factors, response to treatment, etc. Transition to a lower level of care within the Rogers system may be necessary.

## Parent/guardian and visitor guidelines

Families and visitors are welcome and considered an important part of your child's treatment.

- Family sessions may be scheduled within 24-48 hours after admission to the program.
- Families can participate in multi-family sessions with therapists, dietitians, and nurses on the weekends in the afternoon.
- We do ask that families observe the daily visiting hours listed on the schedule; however, visiting outside the scheduled time is permitted with prior approval of the treatment team.
- Visitors include family members; non-family members need approval by the treatment team to uphold confidentiality on the program and allow patient to focus on self and treatment.
- Parents will be called for consent with any new medications or treatments (i.e. tube feeding).
- Please be aware that Rogers–Oconomowoc is a smoke-free campus. Family members and visitors are unable to smoke anywhere on campus.