

PARENTS STAYING BY THE BEDSIDE IN A SECURED INPATIENT MENTAL HEALTH UNIT PRACTICE GUIDELINE[®]

DOCUMENT SUMMARY/KEY POINTS

- This is a new Network guideline for when parents/carers are to stay by the bedside in a secured inpatient unit
- The decision to have a parent/carer stay by the bedside must have a clear therapeutic benefit, and clearly documented in the patient notes
- The rights and responsibilities of the parent/carer must be clearly stipulated prior to staying overnight
- Approval for a parent/carer to stay by the bedside must be sought from the Mental Health Network Nurse Manager (during business hours) or the After Hours Nurse Manager
- When the benefit is no longer therapeutic, or where the carer is non-compliant to the agreement, the team must discuss and consider terminating the plan of having the parent/carer stay at the bedside

This document reflects what is currently regarded as safe practice. However, as in any clinical situation, there may be factors which cannot be covered by a single set of guidelines. This document does not replace the need for the application of clinical judgement to each individual presentation.

Approved by:	SCHN Policy, Procedure and Guideline Committee	
Date Effective:	1 st July 2020	Review Period: 3 years
Team Leader:	Clinical Nurse Consultant	Area/Dept: Psychological Medicine

CHANGE SUMMARY

- This is a new guideline introduced at SCHN
- The introduction of parents staying by the bedside as part of patient recovery and therapeutic process in the acute inpatient mental health setting

READ ACKNOWLEDGEMENT

- All SCHN mental health clinicians
- All staff working in Hall Ward and Saunders Unit
- Patient Flow Managers, Bed Managers and After Hours Nurse Managers

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Working in partnership

Families and carers play a major and ongoing role in providing support and care to young people with mental health issues. At the Sydney Children's Hospitals Network (SCHN), we understand that working collaboratively with families and carers is integral to providing high-quality specialist mental health care.

Partnerships between the young person, clinicians and carers are based on mutual respect and recognition of the specific knowledge, expertise and experience that each brings. Each young person is unique. We value the need to identify and respond to the individual needs of the young person and their families or carers, which will lead to improved social, emotional and physical wellbeing and enhance their ability to provide ongoing support and care.

It is the commitment of Saunders Unit and Hall Ward to work with young people, families and carers in recovery-focused ways. As such, we recognise that there will be occasions where a parent may need to stay by the patient bedside in short periods of their admission; whether that is to assist with transition, or to provide specialised support to help de-escalate the young person. Carers are wonderful resources and a valued part of the therapeutic process.

Considerations to made

When the treating team is seriously considering the benefit of having a parent stay by the bedside; the following should be carefully considered:

- Impact and benefits for the young person
- Impact on the family; including travel and other children within the family
- Impact on the other young people currently admitted in the unit and if this may cause distress
- Adequate preparation of the carer to the unit situation
- Clear communication and documentation with families on rights and responsibilities
- Clear communication around expectations whilst they stay overnight and the plans for reducing stay by the bedside ie. projected timeframe
- Bed allocation for patient with carer staying overnight. For example –
 - Saunders Unit: may consider bed 7 or 8
 - Hall Ward: may consider bed 8 and the surrounding space outside

Process of approval for parents to stay

During Business Hours

Multidisciplinary team (MDT) led by the treating psychiatrist discusses and agrees on the benefits, responsibilities and expectations with the patient and family/carers



Nursing Unit Manager supportive of the plan for the parent to stay



Approval from the Mental Health Network Nurse Manager or delegate; who will then



Inform Patient Flow Manager, Bed Manager/ After Hours Nurse Managers, Clinical Program Director and Psychiatrist on-call

- The Nursing Unit Manager is to send communication to ward staff regarding agreed arrangements
- MDT delegate to document clearly in the patient eMR

After hours

Team Leader and/or Mental Health CNC/ Psychiatry Registrar on-call to discuss with Psychiatrist on-call



Team Leader and/or Mental Health CNC discusses and agrees on the benefits, responsibilities and expectations with the patient and family/carers



Team Leader to inform AHNM

- MH CNC or Psychiatry Registrar on-call to document clearly in the patient eMR
- Clear handover the following morning to Nursing Unit Manager and team regarding decision around parent staying by the bedside
- The After Hours Nurse Manager to send an email to the Mental Health Network Nurse Manager and Network Priority Population Clinical Program Director

Managing issues arising from parent staying

During Hours

Should an issue arise with a parent having stayed overnight, for example – a complaint from another patient and/or family, or where the parent has not adhered to the agreed expectations, following should occur:

- A mini team discussion with the treating psychiatrist, care co-ordinator and the NUM and/or team leader to discuss the issues and agree on how it is best managed
- The same team will meet with the patient and family/carer to address the issues and agree on a way forward
- If the parent is not agreeable to the expectations; the treating team will need to clearly articulate to the patient and family that the stay overnight will need to be terminated

After Hours

Should an issue arise after-hours, the same process should take place with the After Hours Nurse Manager, team leader, MH CNC or Psychiatry Registrar and Psychiatrist on-call.

The MH CNC or Psychiatry Registrar on call must document clearly in the patient eMR of the issues, and email the NUM, Network NM for Mental Health and Network CPD for Priority Populations who can follow up during business hours.

SCHN Contacts:

- Network Clinical Program Director – Priority Populations
- Area Director of Mental Health
- Network Nurse Manager – Mental Health
- Unit Director – Saunders Unit
- Unit Director – Hall Ward
- Nursing Unit Manager – Saunders Unit
- Nursing Unit Manager – Hall Ward
- After Hours Nurse Managers, Patient Flow Nurse Manager

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