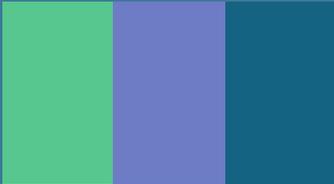




**YOU ARE NOT ALONE.**



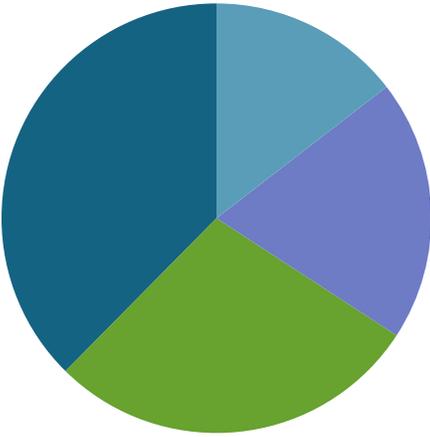
A PUBLICATION TO FAMILIARIZE OUR PATIENTS WITH  
THE METHODS OF CARE ON THE PERINATAL UNIT

### **Our Mission**

**To provide specialized multidisciplinary care to assist in the recovery from perinatal psychiatric illness of women requiring inpatient care.**

### **Our Vision**

**A world that understands and provides for the unique mental health needs of women and their families during the critical perinatal period.**



# ORIENTATION TO THE PERINATAL PSYCHIATRY INPATIENT UNIT

Welcome to the UNC Center for Women's Mood Disorders, Perinatal Mood Disorders Inpatient Program. Our primary goal is to provide comprehensive treatment for women facing mood disorders requiring hospitalization during pregnancy and the postpartum period. Additionally, we will work with the family unit during the hospitalization to improve understanding of perinatal mood disorders.

The Nursing Staff of 4NSH-South would like to welcome you to our hospital. We understand that this is a very difficult time in your life and we are here to offer support, reassurance and special care.

Our goals during your hospitalization are as follows:

- Create a safe and supportive environment for you during this stressful time.
- Provide you with time you want and need with your baby and partner.
- Provide you with educational materials related to your diagnosis.
- Provide education on tests and/or treatments that you may receive.
- Guide you through daily reading and journaling assignments.
- Assist you as you work through the Perinatal Inpatient packet.
- Support you as you work with occupational and recreational therapy.
- Provide lactation consultation if you are nursing and have concerns.

- Return you safely to your home and family as soon as possible.

Meeting these goals and your needs are very important to our team members. Please don't hesitate to ask if there is anything else that we can do for you during your stay.

## What to Expect...

After the initial assessments by the members of your treatment team, treatment will include medication management, supportive therapy, education for you and your family, Occupational Therapy, Recreational Therapy to include biofeedback and relaxation, yoga, as well as spirituality and nutritional counseling.

Comfort measures on the unit include private and semi-private patient rooms with gliders for pumping and/or nursing, protected sleep times and extended visiting hours to maximize positive mother-baby interaction.

In this booklet, we have included information ongoing research studies, an outpatient support group open to all pregnant and postpartum mothers and helpful information for family members needing community resources and lodging.

The inpatient program is located in the UNC Neurosciences Hospital and is a secure patient unit. Patients are admitted to the unit after a referral and intake with the admissions office is complete. Visitors to the unit will need to adhere to the "Fast Pass" policy and receive a visitors badge in the front lobby of the Women's Hospital.





## Family Involvement

We offer extended visiting hours (Mon. - Fri. 12:00-1:00pm and 4:30-8:30pm, Weekends and holidays 12:00-8:30pm), family night and weekend time with your partner, children and other supports.

## Meals

You may order your meals through UNC Nutrition and Food Services.

## Phone and Computer Access

The inpatient unit has a computer for patients to access websites and check in with family via email. A unit phone is available for calls to allow for maximal mother-baby interaction and a more positive inpatient experience. Cell phone use limitations: cell phones may be brought to the unit for purposes of retrieving phone numbers. Cell phone use on the unit is restricted due to camera functionality and to ensure the privacy and confidentiality of other patients.

Please leave anything of value at home so it will not be lost or stolen. The hospital is not responsible for lost or stolen items.



## Treatment Team Members

As stated previously, there are numerous professionals involved in your care. Here are some details related to each professional discipline.

### Psychiatrists

Psychiatrists are medical doctors specializing in mental disorders. UNC Healthcare is a teaching hospital, so at least two psychiatrists are directly involved in your care. Others will participate in the morning rounds. Our team includes an attending psychiatrist who supervises resident psychiatrists. These residents are licensed medical doctors completing their training to become psychiatrists.

The role of this group of doctors involves assessing all your psychiatric and medical problems. They will then order and oversee your treatment plan during your hospital stay. They will attempt to coordinate your care with doctors and other professionals who work with you outside the hospital. The doctors make decisions about your medications. The doctors hope to answer all your questions about your care and treatment. They want to understand your life circumstances, stressors and concerns.



On our team we also usually have medical students. The medical students often are available for more extended discussions during the day.

### Nurses

We have numerous registered nurses on staff who specialize in perinatal psychiatric care. One will be on duty each shift around the clock. They are available to answer questions and to help direct you through the day. Nurses give you the medications as prescribed by the doctors, and they look for you at regular intervals to assess your well being. The nurses will also educate you on your conditions and treatment plans throughout the hospital stay. If you have medical problems, the nurses help evaluate and treat them. They routinely check your blood pressure, pulse and pain level. They make sure you are eating well. Since they are here overnight, they check to see that you are sleeping.

### Psychologists

Psychotherapy is provided by licensed psychologists and their trainees who specialize in perinatal mental health. Patients can expect to engage in individual therapy once per week — or more often, depending on staff availability for the duration of their hospital stay. We



tailor therapy to meet the needs of individual patients, which means that the topics and strategies addressed in therapy vary from patient to patient. Therapy focuses on providing tools that patients can use to function better in their daily lives and to identify and meet their goals for pregnancy, motherhood or both.

## Social Work/Case Management Services

Your Case Manager is a social worker who will work with you on your plans for after you leave the hospital. You will work together with the case manager to find services in your community that can help you in your recovery.

## Recreational Therapy (RT)

Recreation therapy includes biofeedback, relaxation, exercise, journaling, expressive arts and other coping skills that help target the stress symptoms and emotions that many of the patients on the perinatal unit experience. For example, we may be utilizing/teaching emotional self-regulation skills or relaxation techniques to help manage anxiety related to caring for a baby. We may also discuss/practice physical activity or leisure as positive stress management outlets for a new mom that is having loss of self-identity and self-esteem challenges.



## Postpartum Depression Treatment

### Occupational Therapy

Occupational therapy treatment on the perinatal unit focuses on skills clients feel they need to return to their roles at home including those of being a parent and spouse/partner. Treatment sessions may include topics and activities such as cooking, meal planning, making baby food, creating a family or personal schedule, sleep hygiene, development of daily routines, establishing personal goals, planning for discharge, setting up supports for their return home and improved communication skills. Finding ways to complete occupations while also managing symptoms in typical home situations is taught and practiced to enable feelings of confidence, safety and stability. Both individual and group treatment sessions are used to meet clients' individual needs.

<http://www.aota.org/~media/Corporate/Files/AboutOT/Professionals/WhatIsOT/HW/Facts/FactSheetHealthPromotion.pdf?la=en>



### Pharmacists

Pharmacists in the hospital will supply the medications for you here. A pharmacist is often part of our treatment team discussions. They can help identify medication problems or suggest new medication ideas to the doctors.

### Spirituality

The Department of Pastoral Care offers groups focusing on spiritual themes on the unit. Participants will have opportunities to explore issues such as grief, healing and meaning in life. The department also offers individual pastoral care and support to patients. A chaplain is available 24 hours a day for emergency visits. If you would like a visit, you may ask the nurse to make the referral or talk to a chaplain after a group session.

### Support Partner

Spouses, partners, family members or other significant individuals often struggle figuring out what is and isn't helpful for a mom or mom-to-be who is struggling with her mental health. A meeting is made for you and someone important to you to attend together. Along with discussion of what has helped other couples and families in this situation, you and your partner can figure out what might be most helpful for you right now while you are recovering and what you will need when you return to your home and daily activities. We will also brainstorm together who else in your life can help you and your family until you are feeling like yourself again.

### Your Daily Schedule

The Inpatient Program has a structured day that begins with breakfast around 8:00 am. Monday through Friday the team begins rounding at 8:30am and meets with each patient. Groups begin at 10:00 am and continue throughout the afternoon. On weekends, the team rounds during the morning. Meals arrive around 8am, 12pm and 5pm.



**Yoga/Relaxation.**

*Low impact yoga has many benefits; lowers stress levels, increases flexibility, improves brain function, calms the mind and body.*



**Your Treatment Team**

- Psychiatrists
- Psychologists
- Occupational Therapist
- Recreational Therapist
- Nurses
- Lactation Consultant
- Social Worker
- Chaplain
- Dietitian



**Nursing Groups**

Topics will vary and include: improving mother-child attachment and relationships, relaxation and mindfulness.



**Accommodations for Out of Town Guests**

SECU Family House provides housing, healing and hope to families with an adult patient being treated for a critical illness or injury at UNC Healthcare or its affiliated clinics. There is a nightly fee of \$45 to stay in one of the thirty-two private rooms or \$60 to stay in one of the eight fully equipped suites. This includes bus service to and from UNC Healthcare, laundry facilities, a help-yourself pantry with snacks and food staples and access to a library with Internet resources. In addition to these practical amenities, staying at SECU Family House offers something perhaps even more significant -- a nurturing and compassionate community. An RN can assist in making the referral to SECU Family House; the number to call is 919-932-8008.

Other local hotels offer discounted room rates for out of town families of UNC patients. This information is available in the Women's Hospital in the Patient Relations office; you may also reach them by dialing 984-974-5006.

## **Summary of Family Expectations and Support of Local Out of Town/Out of State Patients**

- We want to support those that support the patient and understand this affects families!
- Extended visiting hours outside of programming and protected sleep time.
- Development of ways to help patient and family learn more about meeting infant needs and attachment.
- Developing a program to further support partners and connect the partners to supports and Weekends and Holidays: 12:00 to 8:30pm.
- Close work with Postpartum Support International to find perinatal providers upon discharge and to utilize their other resources for families.
- Resident and medical student (with supervision) can check in by phone or in person two times/week. Will be adjusted based on need.
- Family meeting with attending, resident and medical student once during the hospitalization and can be adjusted based on need and length of stay.
- Couples session offered by psychology in person or by phone.
- Increasing resources at the SECU House for families staying there.
- Ability to Skype with family, particularly children when they are unable to be in the area.

## **Resources**

### **Websites**

- Postpartum Support International  
[www.postpartum.net](http://www.postpartum.net)
- 2020 Mom  
[www.2020mom.org](http://www.2020mom.org)

