

Admission and Referral

Admissions to Cotehele Unit will be for assessment and where possible, treatment of complex or extreme challenging behaviours associated with mental illness, including psychosis, depression, bi-polar, extreme paranoia and cognitive impairment, as appropriate.

The presentation indicates that they cannot be treated in the community, due to the risks posed to their psychological or physical well-being.

The patient's primary need must be their mental health condition not a physical health condition.

Where the patient's primary needs are of a physical nature, then care should be provided through general care services.

The admission process should place great emphasis on prompt and acute assessment.

The process should be supportive to the patients and their carers.

An awareness of the carers needs will be demonstrated by the MDT involving them in all aspects of care, in adherence with Triangle of Care principles.

There are information leaflets available on admission.

Referral Process

Referrals are taken from:

Your GP through the Community OPMH Teams (Older Person's Mental Health)

Mental Health Liaison Team (Based in Derriford Hospital)

Mental Health Act Assessment (MHAA)

Staffing

There is a multi-disciplinary approach to care and assessment and the nursing team are well supported. On admission you will be allocated a Named Nurse, who may also be referred to as Care Coordinator.

Other professionals aside from our Registered Mental Health Nurses involved in patients care are:

- Consultant Psychiatrists
- Ward Doctors
- Occupational Therapists and Technical Instructors
- Pharmacists
- Physiotherapists
- Support Time Recovery Workers
- Health Care Assistants
- Social Workers (if required)

All staff will be happy to help with any concerns or questions you may have.

Cotehele Unit



Cotehele Unit
Mount Gould Hospital
Plymouth PL4 7QD

Telephone: 01752 435388

Cotehele Philosophies

Staff will act in the best interests of the patients in line with professional Codes of Conduct, Organisational Policies, Protocols and Guidance.

Our emphasis is on recovery using person centred approaches and will not discriminate against culture, ethnicity, gender, age, sexuality, religion and/or disability.

We aim to provide a safe environment where individuals are treated with dignity and respect, and included in their own care planning.

Cotehele offers a place where a patients independence, self esteem and personal choice is encouraged by every member of the multi-disciplinary team through daily care and support, and therapeutic activities.

Patients and their carers will be listened to, and to have any concerns taken seriously and addressed promptly.

The focus of the staff team is to work in partnership with you, continually supporting your growth and development, and to help you achieve recovery from your mental health difficulties.

We aim to achieve a successful discharge, promoted through independence and the maintenance of purposeful activities.

Accommodation



Cotehele Unit has 15 single rooms, divided into male and female corridors, with bath and shower rooms.

A lounge area, dining area and two side rooms, are available for patient and visitors use.

There is a designated OT room for activities and specific assessments.

There are quiet areas for patients who wish to have privacy and for therapeutic groups to take place.

The facilities for Activities of Daily Living (ADL) include an occupational therapy kitchen, where assessments can take place, access to clothes washing equipment and an activity room. There is a garden, offering opportunities for garden projects to take place.



Daily Routines

Breakfast 08:00

Lunch 12:15

Evening Meal 17:00

Visiting Hours Are From:

15.00-20:00 on weekdays, as we have treatments, assessments and therapeutic programmes during the morning.

Over the weekends and Bank Holidays, visiting is between: **09:30 - 20:00**.

However, we do ask visitors to avoid mealtimes, as this is protected time.

Visiting outside these hours should be confirmed with the Nurse-In-Charge; If visiting with children please consult the ward prior to visiting.

Therapy

Cotehele Unit provides a holistic therapeutic programme with its ethos around recovery, maintaining independence and maintaining mental health well-being.

Weekly Medical Reviews (Ward Rounds)

Each week Patients will have a full multi disciplinary review. The minimum attendance should include the responsible Clinician, Unit staff and OT staff. Care Co-ordinators, Psychologists and Pharmacists have an open invitation to attend Ward rounds.