

*Collaborate and
Care Together*

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NSLHD MENTAL HEALTH
DRUG & ALCOHOL

How can I work with the nurses to improve my recovery?

Engagement & observation care levels
within Mental Health Drug & Alcohol Units



Health
Northern Sydney
Local Health District

Nurses observe and engage with you to find out how you are doing physically, socially within the ward and with your mental health. They will talk with you and listen to what you have to say.

How often they do this will depend on how you are progressing with your recovery.

You will be allocated a 'care level' from 1 – 5 when you are admitted by the doctor. This will decide how often the nurse will approach you and this may change during your admission.

The nurse will document information from your discussions including your views on how you are doing. This will be shared with your treating team and others at your request.

Be honest and up front with the nurse. Let them know what you are thinking, feeling and experiencing.

You are encouraged to participate in your care planning as much as possible to ensure you are not kept in hospital longer than needed.

Participate in making a collaborative care plan so you can say what helps you at this time and what will help you feel safe with your allocated nurse. Your care plan also helps you to say what you want to address while you are in hospital.

This may include assisting you to feel better, lessen your voices, stop you feeling so confused, get your medication right, get your thoughts to slow down, help you to not feel so depressed and anxious. These goals are whatever you feel are important to you. The clinical team may also discuss with you what they consider may help your recovery.

Check in with your care plan to ensure all your individual needs are being addressed and your supports are in place as you plan, with your treating team and carers, towards your discharge.

You can choose a family member or friend to be part of your recovery, and you can decide who you do not want included in this. You can also change your mind at any time. Having other people involved can help you to understand your options and help you to have good care while in hospital and when you go home.

