

NIH Clinical Center Patient Education Materials

Welcome to 7 Southeast (7SE)

Adult Behavioral Health Inpatient Unit

Contact Information

Phone: 301-451-0856 (South side)
301-451-0846 (North side)
Fax: 301-480-3293

Visiting Hours

9a.m. to 9p.m.

The Clinical Research Nurses on 7SE Inpatient Unit care for adults who are enrolled in a variety of National Institutes of Health (NIH) research studies. Our team works together to give you the best care during your time at the Clinical Center. Here is some information about what you and your family can expect.

What happens when you arrive?

Please tell us right away if you have:

- Signs of infections (fever, runny nose, diarrhea)
- A history of being on isolation
- Respiratory (breathing) symptoms; if so, please ask for a mask and put it on right away
- MRSA, VRE, CRE, KPC or any other similar infection (or a history of these infections)

What are isolation precautions?

If you have a disease that could spread to others, then we may ask you to wear a mask while in the hospital. You may also need to follow rules about leaving the room. Your nurse or doctor will explain what to do. By following these rules, your family can help stop the spread of diseases.

Do you need identification?

We will give you an ID bracelet to wear on your wrist. Please understand that you need to keep it on at all times. The ID bracelet will serve as identification for lab collection and medication administration at NIH. In addition to the bracelet,

your nurse will assist you in applying for an Extended Visitor ID Badge to use when going on and off the NIH campus.

What should you bring with you?

Please bring an up-to-date list of your medicines and dosages with you, including over-the-counter and herbal medications and vitamin supplements. Let your nurse know if you have any drug allergies.

If you did bring in medicine, give it to your nurse. Most medications are available through the Inpatient Pharmacy, but some medications may take a few days to order. If you need medicine, our doctors will prescribe it. If your NIH doctor prescribes medicines to take home, they will be filled at the Outpatient Pharmacy on the first floor. Your nurse will assist you in obtaining all take-home medications.

We suggest that you leave valuables (like jewelry or large sums of money) at home. If you do bring them, take them to the cashier on the first floor. The cashier will put them in a locked vault and give you a receipt.

What can you expect during your visit?

7SE operates in a therapeutic environment in which human subject research is the primary focus. Patients on 7SE take part in clinical research studies of The National Institute of Mental Health. The unit has two separate corridors: North and South. The North corridor is the location for the Mood and Anxiety Disorders Program and the South corridor is the location for the Schizophrenia Spectrum Disorder Program.

Every day, twice a day, your nurse will take your vital signs (blood pressure, pulse, respirations, and temperature). Your nurse will also take your weight before breakfast on a weekly basis. For safety and research reasons, the nursing staff will check on you every half hour and more frequently, as needed.

To ensure your safety, a privilege status system is used to determine where a patient may or may not go while receiving inpatient care at 7SE. Your treatment team will work closely with you to provide the safest and least restrictive status possible.

Are computers, TVs, and phones available?

The unit has two separate television lounge areas. In addition to major network channels, the hospital gets cable television and the NIH video channel. Televisions and stereos should be turned off between 12a.m. and 6:30a.m. The unit has desktop computers available for patient use with internet access. Wi-Fi is available for those with laptop computers. Laptop computers are available on loan from the hospital library on a limited basis.

Telephones are located in the common rooms for patient use. There is free local and long distance service available. Personal cellphones are permitted on the unit; however, for confidentiality, you may not use your phone to take photos of other patients at the Clinical Center.

How do you receive meals?

Patients are encouraged to eat together at meal times. Menus are provided and marked two days in advance. Trays are delivered to the unit. Food items are labeled with your name and can be stored in the unit kitchen. The unit kitchen is equipped with a microwave, stove, and refrigerator.

What are the rules about visitors?

Visitors are expected to call the unit before visiting. Family visits should be arranged through the unit Social Worker. Visitors may visit in the unit common rooms (dayroom, activity room, conference rooms). No visitors will be allowed in patient rooms with the exception of family members. Please keep in mind:

- Visitors who have been recently exposed to an infectious disease (for example, impetigo, chickenpox, tuberculosis, hepatitis) may not visit.
- Visitors with cold or flu symptoms are discouraged from visiting.
- Visitors must wash their hands or use hand sanitizer when coming in and leaving your room to prevent spreading germs.

- The bathroom in your room is only for you. Visitors should use the Clinical Center's public bathrooms.
- NIH is a smoke-free campus, but we know that some patients do smoke. There is a designated area for patient smoking. Personal cigarettes, lighters, and matches are kept in the nursing station and will be available to patients during designated times or when going on pass.
- Your nurse may approve children 12 years old and older to visit; younger children may visit off the unit.

How can you do laundry?

A washer and dryer are available for patient use on the unit between the hours of 7a.m. and 9 p.m. Bed linens, laundry detergent, an iron, and an ironing board are provided for your convenience. There is also a dry cleaning service available through the Gift Shop on the B1 level of the Magnuson Center.

How can you send and receive mail?

We deliver mail Monday through Friday. Please ask family and friends to write "Patient Mail" on their envelopes and packages. They can send mail to:

Your Name
NIH Clinical Center
Unit 7SE North Room 7-3445 or
Unit 7SE South Room 7-5441
10 Center Drive
Bethesda, MD 20892-1386
[For patient outgoing mail only (MSC 1000)]

If you need to send mail from the unit, envelopes and stamps are available at the self-service post office near the bank on the B1 level.

**What if you have health problems at home?
If you have an emergency while you are off the unit or once you are at home, call 911 right away.**

Patient Portal

The patient portal provides patients with secure access to view selected medical information and the Patient Handbook online at any time.

To create your account, visit the website:
<http://patientportal.cc.nih.gov>

This information is prepared specifically for persons taking part in clinical research at the National Institutes of Health Clinical Center and may not apply to patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team.

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National Institutes of Health Clinical Center

Bethesda, MD 20892

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[Questions about the Clinical Center?](#)

