

NIH Clinical Center Patient Education Materials

Welcome to 1 Southeast (1SE)

Adult Behavioral Health Outpatient Clinic and Inpatient Clinic

Contact Information

Outpatient Clinic phone: 301-451-0702
Inpatient Unit phone: 301-451-0303

Outpatient Clinic Hours

Monday - Friday: 8a.m. – 4:30p.m.
Saturday - Sunday: 10a.m. to 8p.m.

The Clinical Research Nurses on 1SE Outpatient Clinic and Inpatient Unit care for adults who are enrolled in a variety of National Institutes of Health (NIH) research studies. We treat people who are in studies analyzing alcohol and other drug abuse, and we conduct studies pertaining to abuse. 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?

For our patients' safety, we will need to search your personal belongings when you check in.

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. 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.

What should you bring with you?

Federal law prohibits alcohol and illegal drugs on the NIH campus. Use of alcohol and/or drugs is grounds for discharge.

Please bring the following items with you when you check into the unit:

- Casual, comfortable clothes and shoes
- Pajamas, including a bathrobe and slippers
- Athletic clothes and shoes for gym activities
- Outdoor clothing for outings
- 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.

Because of your study, you may have to stop taking your usual medicines. Some medicines might react badly with the other medications that you need as part of the study. They could also affect the results of the study. But, please do not stop taking any medicines without talking to your doctor first.

If your NIH doctor prescribes medicines to take home that are related to your research study, they will be filled at the Outpatient Pharmacy. The hours are:

- Monday –Thursday: 8:30a.m. - 6p.m.
- Friday: 8:30a.m. - 8p.m.
- Weekends and Holidays: 8:30a.m. - 12:30p.m.

Please keep in mind that you are not allowed to wear hats, revealing clothing, or any clothing that promotes drug or alcohol lifestyles or that has a political or sexist theme on the unit.

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.

You are not allowed to have any sharp objects in your room. This includes:

- Razors
- Nail clippers
- Knives
- Keys

In addition, we will need to keep some items at the nurses' station. This includes personal care products that have alcohol in them, like aftershave lotions or colognes, and perfumes. You can sign them out of the nurses' station when you need them.

What can you expect during your visit?

Any physical violence or unlawful behavior by research participants will result in immediate discharge from the unit.

Before you take part in a study, you will get a consent (permission) form. Feel free to ask any questions you might have.

A primary nurse is assigned to each patient in the unit and coordinates your care with the rest of your care team. Your care team includes a doctor and nurses, a social worker, a recreational therapist, a dietician, spiritual ministry, and a vocational rehabilitation therapist.

To help you plan your week, we will post your weekly research schedule in your room on Sunday evenings. Please note that unless your doctor or nurse tells you otherwise, we ask patients to be awake and dressed during the day.

In the morning:

- Nursing staff will check your vital signs (like pulse and blood pressure) at 6a.m.
- We encourage you to be up and dressed between 6:30a.m. and 7:30a.m. Monday through Friday.
- On Saturdays and Sundays, please be up by 8a.m.

Throughout the day, we will check your:

- Breath for alcohol (we do this four times a day)
- Urine for drug use (these tests happen randomly)
- Vital signs (we do this again at 4p.m.)

Our nursing staff may do random room searches for drugs, alcohol, or dangerous items. We will let you know before nursing staff searches your room, and you can stay in your room during the search.

At night, you will need to be in bed by:

- 12a.m. (midnight) Monday through Thursday and Sundays
- 1a.m. on Fridays and Saturdays

Your doctor will take your medical history and do a physical exam. You may also get other tests, like blood work, chest x-rays, and an ECG (this tests your heart's activity).

Your treatment may include education sessions, AA and NA meetings, community meetings, and recreational activities.

We know that this is a hard time for you and that your treatment may affect your family. If you or members of your family have any concerns during your stay, we have social workers here to help. We encourage you to talk with a social worker about your illness, your study participation, or anything else that worries you while you are with us.

Please respect the rules of the unit. You may not:

- Visit in other patients' rooms
- Use headsets or earphones while in the common areas or on group outings
- Use your cell phone during treatment or research procedures
- Take pictures or record videos of other patients

You can get a short-term pass from your doctor to leave the unit for personal reasons. You can also get a pass to help plan for after discharge. But, these passes are only for 8 hours or less.

There are 3 levels of privileges for patients in the unit. Your level may change throughout your time with us. The levels are:

- **Level 1 (Restricted):** When you are Level 1, you have to stay in the unit at all times unless you need to leave for a test and a member of our staff is going with you.
- **Level 2 (Staff Accompanied):** Level 2 patients can leave the unit for tests and smoking breaks with a staff member. If you are Level 2, and you have permission from your treatment team, you can go to AA meetings. But, you cannot participate in recreational activities involving physical activity or go on unit trips.
- **Level 3 (Unaccompanied):** If you are Level 3, you can leave the unit alone as long as you stay on NIH grounds. To get level 3 privileges, you need to fill out a request form to increase your privileges. Please understand that we cannot increase your privileges if you are not well enough or if you are saying (or acting like) you might hurt yourself.

We ask that patients with level 3 privileges keep the following rules in mind at all times:

- Never leave the unit when you are anxious, angry, lonely, or having cravings.
- Always sign in and out.
- Keep visits outside the unit to 30 minutes or less.
- Always use the elevator and not the stairs.
- Make sure you know the unit phone number (301-451-0303).
- If you are on a special diet, stay on it while you are away from the unit.

Are computers, TVs, and phones available?

There are 3 phones in the common areas of the unit for patients to use. We have one computer and 2 televisions that you can use in the common areas. There is a posted schedule of TV viewing hours in the common area. We keep the television turned off during treatment activities.

You can bring a laptop or a smart phone from home, but we will keep them at the nurses' station at night and when you are not using them. You and your family members are welcome to use the wireless internet for free.

How do you receive meals?

We deliver meal trays to the unit's day room. Meals are a great time to relax and socialize.

Meal times:

- Breakfast: 7:30a.m. - 8a.m.
- Lunch: 11:30a.m. - 12:15p.m.
- Dinner: 4:45p.m. - 5:15p.m.

You will have a choice of menus for regular meals. Your dietician can help you plan your meals and talk with you about any changes that you want to make. On some days, you may be on a special diet because of the rules of the study that you are in. Visitors may bring food items to you, but nursing staff has to check them. We ask that you do not store food in your room.

What are the rules about visitors?

Visiting hours are very limited Monday through Friday. Before planning to have visitors, check your daily schedule to make sure that they will not come when it might interfere with your treatment or the study. We also ask that you do not have visitors during meals. Please keep in mind:

- Visitors need to check in with the nursing staff when they arrive.
- Staff will check all bags that your visitors bring with them.
- Visitors may not bring alcohol, drugs, or medications onto the NIH campus or onto the unit. Visitors who appear to be under the influence of alcohol or drugs will be asked to leave.
- 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.
- We encourage children to visit during visiting hours. Children under age 14 need to come with an adult. If your nurse allows, teens aged 14 through 18 may visit without an adult.

NIH is a smoke-free campus. However, for studies on this unit, your doctor can write you a note that allows you to smoke in smoking areas. Please note that, even if your doctor has given you permission to smoke, there may be times when you cannot

smoke because of your health or a change in the research study's rules.

How can you do laundry?

There is one washer and dryer in the unit. We will give you clean sheets and laundry soap every week so that you can change your sheets and wash your clothes.

You can also use the additional washers and dryers near the inpatient units for free; just ask the nursing staff how to find them. We also have a dry cleaning service through the gift shop on the B1 level of the Magnuson Center.

How do you send and receive mail?

We deliver mail Monday through Friday twice a day. Special delivery and registered mail will be delivered as soon as it arrives. Please ask family and friends to write "Patient Mail" on their envelopes and packages. They can send mail to:

Your Name
NIH Clinical Center
Patient Care Unit 3NE, MSC 1602
10 Center Drive
Bethesda, MD 20892

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?

Your treatment team will help you start planning your discharge from the day that you arrive on the unit. We are here to help you with issues like:

- Housing
- Follow-up care
- Referrals
- Medicines
- Work
- Family counseling and support

We also have an outpatient aftercare program. If you decide to take part in it, the program will last up to 16 weeks and may include up to 12 doctor visits. Some research studies require outpatient follow-up visits after you complete the inpatient part of the study.

If you have a health emergency at home, call 911 right away.

If you have any questions about your health or the research study, please call your primary doctor.

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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Bethesda, MD 20892

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