

## Participants' Contract for McMaster Day Hospital Program

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Instructions for patients and parents:

1. Read the booklet "Information about the Day Hospital Program" to make sure this program matches your needs.
2. Read through this contract to make sure you know what is expected of patients and parents during the program. Program staff will review these expectations with you.
3. Talk with staff if you need more information or have any questions or concerns.
4. Sign page 4 of this contract if you understand and agree to the program's expectations.

Expectations	Description
<input type="checkbox"/> Commitment	<ul style="list-style-type: none"> <li>• Patients and parents must make a commitment to stay in the program for at least 6 weeks.</li> <li>• After 6 weeks, the team will review the treatment plan and recommend whether the patient would benefit from another 6 weeks in the program or returning to outpatient care.</li> </ul>
<input type="checkbox"/> Attendance	<ul style="list-style-type: none"> <li>• Must arrive by 7:45 am.</li> <li>• Patients who arrive after 8 am must eat <u>with a parent</u> before joining group.</li> <li>• Program runs 7:45 am to 5:45 pm Monday to Thursday, and 7:45 am to 3 pm on Friday.</li> </ul>
<input type="checkbox"/> Drop-off and Pick-up	<ul style="list-style-type: none"> <li>• Parents are requested to come to the ward to drop off and pick up their child for Day Hospital. Staff may want to check in with you and gather some information.</li> <li>• If safety allows, some parents may be able to negotiate a front door drop off or pick up once the staff know their child.</li> <li>• Parents are expected to pick up their child as soon as possible, if the child is dismissed for not following program expectations.</li> </ul>

Expectations	Description
<input type="checkbox"/> Nutrition	<ul style="list-style-type: none"> <li>• Patients will eat 3 meals and 2 snacks each day.</li> <li>• Parents are responsible for providing an evening snack, if needed.</li> <li>• The program can provide diets for special needs such as celiac, allergy or diabetes. We cannot provide a vegan diet.</li> <li>• Ensure (liquid supplement) will be substituted for food that cannot be eaten by the patient.</li> </ul>
<input type="checkbox"/> Refusing nutrition	<ul style="list-style-type: none"> <li>• Staff will coach patients to accept their required nutrition.</li> <li>• Patients who are not able to accept food will be offered a liquid supplement.</li> <li>• Patients who are not able to accept the supplement will be asked to leave for the day and a parent will be called to pick them up.                         <ul style="list-style-type: none"> <li>- Parents must pick up their child before the next meal. For example, if morning snack is declined at 10, pick up will be before 12.</li> <li>- If the parent can coach their child to accept the meal and the additional missed nutrition, the patient can re-enter the program for the day. If not, the patient must leave. The team will discuss when the patient will re-enter the program.</li> </ul> </li> <li>• Continuing to refuse nutrition may result in being discharged from the program.</li> </ul>
<input type="checkbox"/> Patient's participation	<ul style="list-style-type: none"> <li>• Patients will take part in all aspects of the program including meals and snacks, school and therapy groups.</li> <li>• Patients will attend progress meetings with their parents every 2 weeks (on Tuesday mornings) while they are in the program.</li> <li>• Patients do not schedule non-urgent appointments (such as dentist, check ups, school visits or hair cuts) during the time they are in Day Hospital.</li> <li>• Patients are encouraged to not attend Day Hospital if they have planned vacations. Staff will attempt to plan an entry after their vacation.</li> </ul>

Expectations	Description
<input type="checkbox"/> Parents' participation	<ul style="list-style-type: none"> <li>• Parents are expected to attend the parent group on Fridays.</li> <li>• Parents will attend progress meetings with their child, every 2 weeks (on Tuesday mornings) during the program.</li> <li>• Parents may also be expected to attend visits with their child's therapist.</li> </ul>
<input type="checkbox"/> Self injury	<ul style="list-style-type: none"> <li>• Self-injury is not to be discussed with other patients.</li> <li>• Self injury within the program hours may result in dismissal for that day or full removal from the Day Program.</li> <li>• Self injury outside of the program and before the start of the Day Hospital will be discussed with the Nurse Practitioner.</li> <li>• Patients will wear clothing to cover any self-injury scars.</li> <li>• Patients are expected to use their local Emergency Department if they are feeling suicidal or if their self harm requires medical attention.</li> </ul>
<input type="checkbox"/> Re-applying to Day Hospital	<ul style="list-style-type: none"> <li>• Patients discharged from the program because they did not meet expectations must re-apply to the Day Hospital.</li> <li>• Patients must wait a minimum of 3 months before they will be considered for re-admission to the Day Hospital.</li> <li>• Patients must continue to be active in outpatient care to re-apply for Day Hospital.</li> </ul>
<input type="checkbox"/> Other expectations	

**please turn over →**

Please tell us your vacation plans, so we can plan your stay at the Day Hospital:

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**I understand and agree to meet the Day Hospital Program expectations:**

	<b>Printed name</b>	<b>Signature</b>
<b>Patient</b>		
<b>Parent</b>		
<b>Witness</b>		