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## Welcome to the Regional Forensic Psychiatry Clinic in Sundsvall

DEPARTMENT

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**Facts about the Regional Forensic Psychiatry Clinic in Sundsvall (RPK)**

The Regional Forensic Psychiatry Clinic in Sundsvall is a psychiatric clinic which mainly cares for

patients ordered/sentenced to undergo to forensic psychiatric care but also patients assessed as needing specialist psychiatric care.

Göran Fransson is the head of administration, Mats Persson is the chief consultant physician.

**Care departments**

The clinic has a total of 101 care places distributed over eight care departments:

**RPK South** departments are in Nacksta.

Avd. 92, Avd. 93, Avd. 94, Avd. 95 and Avd. 96 (Avd. = department)

**RPK North** departments are part of Sundsvall Hospital.

Avd. 97, Avd. 98 and Avd. 99

**Head of department**

The head of department is: ………………………………………….

You should contact this person if you have a query regarding the department.

**Contacts**

Your contacts are: …………………………………………………………………  
You and your attending doctor (the doctor treating you) plan your care. If you have any questions, you should first take them up with your contacts.

**Care**

RPK Sundsvall mainly provides forensic psychiatric care but also some psychiatric custodial care. Both of these care types are forms of custodial care. Any person admitted for custodial care has the right to appeal against certain decisions and to receive certain legal assistance to help with this. Your doctor will give you more information about the procedure.

Your care programme is planned by you, your contacts and your attending doctor. Nurses and nursing assistants work at the department. Doctors, paramedics, social workers, counsellors and teaching staff are also available to the department. Talk to your contacts to learn more about care in general and your specific care programme.

**Rounds/doctor**

Your doctor is: …………………………………………………………………

The doctor normally makes his/her rounds (meets and reviews patients) once every two weeks. During rounds, you may discuss, for example, your care programme, medication, applications to go on leave, diagnoses and many other matters with your attending doctor. Plan with your contacts which matters you wish to discuss and write down your questions on a rounds form which your department will give you.

**Mealtimes**

Meals are served following the department’s routines and include breakfast, lunch, afternoon snack, dinner and an evening snack.

**Laundry/cleaning**

The department has a laundry room where you can book a time to wash your personal clothes.

You are personally responsible for keeping your room clean and tidy unless you have agreed something else with the staff. Cleaning materials are available at the department.

**Personal property/items**

As a patient, you are allowed to have personal items of property in your room as long as you follow the clinic’s safety regulations. You are personally responsible for these items. There is a cabinet in which you can lock valuable items.

**Visitors**

It is possible for you to have visitors. All visits are planned in consultation with staff and your doctor. It is important that any visitors has proper identification as this must be shown at the security entrance. Here, visitors will also undergo a security check before being allowed into the clinic.

If a visitor has any kind of medical implant, they must show a medical certificate to prove this. They will otherwise be refused entry to the clinic.

**Close relatives/cohabitants**

It is possible for you to invite your close relatives to your care planning sessions. When such relatives are invited, they can have their travel costs paid. Travel costs are payable for a maximum of two people using the cheapest form of transport. For travel costs for a car journey, current rates per kilometre will apply after receiving a written statement of the distance travelled. Costs for bus or train travel will be paid after a receipt is produced to verify the amount. The clinic will also pay for one overnight stay and lunch on the day of the visit.

Claims for costs are to be sent to the administrative clerk for payment.

**Walking areas**

The departments at RPK have areas for taking walks outside.

Your department’s walking area is: …......................................................................................

**Exercise hall**

The clinic has an exercise hall.

Your department has access at these times: ……………………………..................................

The exercise hall has exercise bicycles, treadmills for walking/running, a rowing machine, cross-trainer, weight-training machines and a large sports hall. There is also a sauna at the exercise hall.

**Learning activities**

The clinic organises a number of different things for patients to do grouped under the name learning activities. These include a school, school cooking, music workshop, carpentry workshop, handicrafts and metalwork. It is normally possible to attend learning activities on weekdays from 08.00 to 11.00 and from 13.00 to 16.00. On Fridays, only 08.00 to 11.00. If you are interested in any of these activities, tell your contacts and they will help you to apply for and start your chosen activity.

**Support person**

As a patient in compulsory psychiatric care, you have the right to a support person, a fellow human being to act as a support. A support person is appointed by the Patient Review Board (*Patientnämnden*) but is not a member of the care team. Speak to your contacts and attending doctor for more information.   
Contact details for the Patient Review Board are given below.

**Religion and other beliefs**

You have access to the hospital priest at the hospital church. The hospital church can also help you to contact representatives of other church denominations and religions. Talk to your contacts if you want them to help you with this matter.

**Administrative Court**

At least every six months, your care situation will be reviewed by an Administrative Court. In some cases, an Administrative Court will also review your right to go on leave. A notice to attend will be sent to you at the department by post. The review will then take place at the clinic.

The staff to will be able to give you more information.   
Contact details for the Administrative Court are given below.

**Points of view about your care**

When giving points of view/opinions about your care, you should first write down your views or tell them to the department’s staff or another person connected with the clinic.

You can also give your points of view directly to the clinic’s head of administration Göran Fransson or chief consultant physician Mats Persson.

It is also possible to give your opinions in writing via the Region Västernorrland (RVN) external website. A link to the RVN external website is on the clinic’s homepage. You can also contact the Ethical Committee of the Patient Review Board or the internet health-care site 1177.

If you have given your points of view to the clinic or the Patient Review Board and are not satisfied with the response you received, the Inspectorate for Health and Social Care (IVO) may be able to help you in certain circumstances.

**Contact details:**

**The Regional Forensic Psychiatry Clinic**  
Mejselvägen 29  
853 50 Sundsvall

Department telephone number: ………………………………………………

Department telephone number for patients: ………………………………………………

**Härnösand Administrative Court (*förvaltningsrätten*)**Box 314  
871 27 Härnösand  
Tel: 0611-34 98 00

**The Patient Review Board**

Patientnämnden

871 85 Härnösand

Tel: 0611-80166, 0611-80261, 0611-80101, 0611-80267