

## **Inspection of the Psychiatry Department of Narva Hospital**

On 24 November 2014 advisers to the Chancellor of Justice paid an unannounced visit to the Psychiatry Department of Narva Hospital.

The Psychiatry Department of Narva Hospital forms part of the Internal Medicine Clinic of the hospital. There are 20 beds in the department and 21 patients were being treated in the department at the time of the inspection.

The last time the Chancellor of Justice inspected the department was on 29 January 2013.

During the inspection advisers to the Chancellor of Justice visited the premises of the department and talked to employees from the department. Upon the inspection of documents, advisers to the Chancellor of Justice examined the register of implementation of restraining measures and the documents held in the files of restrained patients, and gave special attention to the documentation on the use of restraining measures and the justifications of the decisions to restrain patients. The advisers to the Chancellor of Justice also talked to patients.

As a result of the inspection the Chancellor of Justice makes the following suggestions to Narva Hospital to guarantee the fundamental rights and freedoms of persons:

1. in order to guarantee that persons' fundamental right to freedom is not unjustifiably restricted in the department:
  - a. comply with legislation when providing psychiatric care to persons and document the provision of involuntary treatment to persons if the decision to do this is made;
  - b. stop restricting the freedom of persons who are receiving treatment voluntarily;
  - c. immediately stop locking the doors of patients' rooms;
  - d. remove locking devices from the doors of persons receiving nursing care which allow for the doors to be locked from the outside without the possibility of opening the door from the inside.
  - e. guarantee that the doors to all patients' rooms can be easily opened from the inside and outside;
2. guarantee that a psychiatrist is present in the department 24 hours a day;
3. not accept more patients than possible considering the conditions in the hospital, i.e. guarantee that the number of patients receiving psychiatric treatment in the hospital does not exceed the maximum number of persons indicated in the activity licence.

In addition to the above, the Chancellor of Justice makes the following recommendations to Narva Hospital to guarantee the fundamental rights and freedoms of persons:

1. give patients more information about the reasons why the person is hospitalised, how long they are expected to remain there and the treatment that they are being given;
2. guarantee that the implementation of restraining measures in the department is documented in a manner that makes it possible to inspect:
  - a. the reasons why restraining measures were implemented (incl. the situation that preceded the implementation of the restraining measures and the unsuitability of alternative measures);
  - b. the frequency of monitoring the restrained person;
  - c. the need to continue restraining the person (incl. the continued unsuitability of alternative measures);
3. guarantee that medicines are handled in the department according to the established requirements.

4. use the isolation room and the observation room only for the application of restraining measures;
5. guarantee the existence of a proper isolation room and observation room in the department;
6. guarantee that the patients in the department have the opportunity to get fresh air every day;
7. irrespective of the day of the week, guarantee better and more varied options for leisure and therapeutic activities for the patients in the department;
8. guarantee that patients are only restrained with professional aids that guarantee the protection of the patient's health, that a mechanically restrained patient is directly observed by a health care professional and that this is not done on camera;
9. take steps to guarantee the privacy of patients in the department.

The Chancellor of Justice requests that Narva Hospital send information about compliance with the above proposals and recommendations by 1 May 2015.