

Inspection visit to the Child Psychiatry Department of the Psychiatry Clinic of Viljandi Hospital

On 10 August 2019, the advisers to the Chancellor of Justice inspected the Child Psychiatry Department of the Psychiatry Clinic of Viljandi Hospital. The advisers and a medical expert took a tour of the premises of the department, talked to the hospital's staff and patients and examined the documents.

The Child Psychiatry Department of the Psychiatry Clinic is located on the ground floor of the building. There are 10 beds in the department. There were four patients in the department at the time of the inspection visit.

There is a nurse on duty 24-hours a day (8:00 to 8:00). The head nurse and two doctors are also present on working days (8:00 to 16:00). An occupational therapist (8:00 to 20:00) and a carer (24-hour and 12-hour shifts) deal with the patients during the day. A cleaner (12:00 to 18:00) and a coordinator-hostess (8:00 to 16:00) also work in the department on working days. A psychiatrist is on duty at the Psychiatry Clinic (in the Acute Care Department) at nights and weekends.

The patients' rooms and shared rooms of the department are clean and cosy. Patients can lock toilets and washrooms from the inside. There is a play area for smaller children in the department. Adolescents can read books, watch films and draw. The department has a fenced yard and the patients can also walk in the park surrounding the psychiatry clinic when accompanied by staff. Doctors, speech therapists and a psychologist deal with the patients, family therapy is offered and roundtables of specialists dealing with children and parents (guardians) are organised. Children and adolescents wear the personal clothes they like. Group therapy sessions and discussions are held under the guidance of nurses. It was noticeable during the inspection visits that the staff are friendly and caring towards the patients. The patients say that there is always an employee in the department that they can go to for assistance.

It is positive that an electronic documentation system is used for the medical records of patients in the department. This guarantees quick and detailed information exchange between specialists. However, there are problems in the documentation of the use of restraining measures. All restraining events must be documented according to requirements and entered in a separate register. If restraining a patient is justified, the psychiatrist of the hospital must always prepare a decision for provision of involuntary treatment if such a decision has not been made about the patient earlier. Exceptional cases are documented on paper and reports are collected in a separate register.

All patients must have a spotlight by their beds and every room must have a window covering. Playing facilities for children should be installed in the department's yard and there should be more exercising options for children and adolescents in the yard.