

Inspection visit to the department of child and adolescent psychiatry of the Psychiatry Clinic of North Estonia Medical Centre

On 9 February 2019, the advisers to the Chancellor of Justice inspected the department of child and adolescent psychiatry of the Psychiatry Clinic of North Estonia Medical Centre. The advisers to the Chancellor of Justice and an expert took a tour of the centre's premises, talked to the hospital's staff and patients and reviewed the documents concerning the implementation of involuntary emergency psychiatric care and restraining measures.

The department of child and adolescent psychiatry is located in two wings of the building: five rooms for boys have been set up in one wing and three rooms for girls in the other. There are 15 beds in the department. There were 12 patients in the department at the time of the inspection visit.

There are three nurses in the department during the day and one nurse in the evenings and at nights (22:00 to 8:00). The head nurse of the department is also present on working days (8:00 to 16:00). There are three carers on duty during the day (eight- and 24-hour shifts) and an assistant carer is also in the department on working days (9:00 to 17:00). There are two carers in the department in the evenings and at nights. There are three doctors and one or two residents in the department on working days (8:00 to 16:00). Creative, music and family therapists as well as a social worker also work with the children during the day. 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. Children and adolescents can spend time in playrooms and in a large yard, which has playground equipment suitable for children. Several therapists work with the children. It is positive that the department also offers support to parents, organises family therapy and advises parents in issues related to the illnesses of their children. The social worker of the department helps organise support for the patient and their parents after the end of hospitalisation. The children are allowed to wear the clothes they like. The children and adolescents say that the hospital team are supportive and that an employee is present at the department at all times, so they can ask for assistance whenever they need it. The patients also praised the teachers who organise schoolwork in the department. Extraordinary cases are documented thoroughly and analysed with the entire team.

It must be possible for the children to speak with their families on the phone without being disturbed. It must also be possible for them to use the toilet in privacy.

Taking a restless patient into the restraining room must be safe for the patient and the staff. Restraining with medicines must be documented more accurately. The decision on involuntary treatment must always be prepared when restraining measures are used.