

Chapter: Therapeutic Environment (TH)

Section 1: Swimming Pool, Gym, and Weight Room

Policy

Utah State Hospital provides exercise facilities (swimming pool, gymnasium, and weight room) for use by patients and employees.

Procedure

1. Exercise facilities are available for employee use Monday through Sunday at the following times:
 - 1.1. 0500 to 0800
 - 1.2. 1100 to 1300
 - 1.3. 1630 to 1800
 - 1.4. 2130 to 0100
 - 1.5. All other times are designated for patient use.
 2. Employees obtain a key to the exercise facilities from the Switchboard.
 3. Individuals using the swimming pool are required to observe the following rules and guidelines:
 - 3.1. Swim wear is required.
 - 3.2. No cut-offs or other clothing which may shed material is worn in the pool.
 - 3.3. No shoes, food, or drink allowed on pool deck.
 4. A certified lifeguard is on duty during use of the swimming pool by patients.
 5. Individuals using the weight room are required to wear gym clothing or sweat suits.
 - 5.1. Boots (heeled shoes) are not allowed in the weight room.
 6. Patients use the weight room per their ICTP.
 - 6.1. A physical assessment and specified exercise program are included in the ICTP.
 7. Patients using the weight room are supervised by a recreational therapist or weight room trained employee.
 8. Individuals using the gymnasium are required to wear appropriate gym clothing which include gym shoes.
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- 8.1. Gym shoes have non-marking soles.
9. Patients using the gymnasium are under the supervision of a recreational therapist or approved employee at all times.

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Section 2: Therapeutic Environment

Policy

Each hospital unit establishes environments that are designed to enhance the positive self-image of the patients, and preserve their human dignity.

Procedure

1. The grounds on which the Utah State Hospital is located provide adequate space for several programs to carry out stated goals. When the patients' needs or the programs' goals include the need for outdoor activity, areas and facilities appropriate to the ages and clinical needs of the patients are provided. Many of these activities take place within the community setting, in such buildings as churches and school facilities. Sports such as softball, volleyball and basketball are a part of the program on the hospital grounds. The natural terrain of the area provides for outdoor activities which include hiking, fishing, ropes course, team competition, etc. A multiple purpose facility enhances patient activities by providing stage, auditorium, pool, patient canteen, and other areas appropriate to patient activities.
 2. Waiting or reception areas are comfortable; and their design, location, and furnishings accommodate the characteristics of patients and visitors, the anticipated waiting time, the need for privacy and/or support from staff, and the goals of the facility.
 - 2.1. Appropriate staff are available in waiting or reception areas to address the needs of patients and visitors.
 - 2.2. Restrooms are available for patients and visitors.
 - 2.3. A telephone is available for private conversations.
 - 2.4. An adequate number of drinking units are accessible.
 - 2.4.1. If drinking units employ cups, only single-use, disposable cups are used.
 3. Utah State Hospital programs provide 24-hour care services, and shall consistently emphasize the provision of environments that are responsive to the needs of their unique patient population.
 - 3.1. Each treatment unit strives to provide an environment that reflects a design, structure, furnishings and lighting to promote clear perceptions of peoples and functions.
 - 3.2. Lighting is under the control of the occupants of the lighted area.
 - 3.3. The hospital has eye-level draped windows in all living areas giving a view of the outdoors.
 - 3.3.1. Wherever possible, beds and other furniture are placed to enhance access to viewing the outdoors.
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- 3.4. On each treatment unit appropriate types of mirrors are available for patient grooming.
 - 3.5. Clocks and calendars are provided to promote awareness of time and season.
 4. Ventilation is recognized as contributing to the habitability of the environment, and outside air ventilation is provided to each habitable room by an air-conditioning system and/or by operable windows.
 - 4.1. All areas and surfaces are kept clean.
 - 4.1.1. Attending staff and patients are co-responsible for the upkeep of their own living quarters, bed, dresser, and immediate area, with the more technical cleaning administered by the Housekeeping Department.
 5. Door locks and other structural restraints are used minimally, and the use of door locks or closed sections is approved and reviewed by the clinical staff, the Administrative Staff, and the Governing Body.
 6. The facility has written policies and procedures to facilitate staff-patient interaction, particularly when structural barriers in the therapeutic environment separate staff from patients.
 - 6.1. Utah State Hospital personnel respect the patients' right to privacy by knocking on the door of a patient's room, bathroom, and showers prior to entering.
 - 6.1.1. Exceptions include sleeping hours or when personnel enter a room during an emergency. Respect for patients is still maintained.
 7. Areas with the following characteristics are available to meet the needs of patients:
 - 7.1. Each hospital treatment unit has areas which are available for a full range of social activities for all patients from two-person conversations to group activities; has attractively furnished areas available where a patient can be alone, when this is not in conflict with the therapeutic prescription for group activities; and has attractively furnished areas to ensure privacy for conversations with other occupants, family, or friends.
 8. Hospital treatment units' furnishings and equipment are available to accommodate all occupants, and such furnishings are clean, in good repair, and appropriate for the ages and physical conditions of the patients.
 - 8.1. Repairs to broken items are carried out promptly, and all equipment and appliances are maintained in good operating order.
 9. Dining areas are comfortable, and consistent attention is directed at making dining areas attractive and conducive to pleasant living.
 10. Sleeping areas have doors for privacy.
 - 10.1. The number of patients in a room is appropriate to the ages, developmental levels, and clinical needs of the patients and to the goals of the facility.
 - 10.2. Sleeping areas are assigned on the basis of the patient's need for group support, privacy, or independence.
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11. Areas are provided for personal hygiene.
 - 11.1. The areas for personal hygiene provide privacy.
 - 11.2. Bathrooms and toilets have partitions and doors.
 12. Good standards of personal hygiene and grooming regarding bathing, brushing teeth, care of hair and nails, and toilet habits are taught and maintained.
 - 12.1. Patients have the personal help needed to perform these activities and are helped both by peer and aide assignments to assume responsibility for self-care as they are able.
 - 12.2. Incontinent patients are cleaned and/or bathed immediately upon voiding or soiling, with due regard to appropriate privacy.
 13. Articles for grooming and personal hygiene are available, in a space reserved near the patient's sleeping area and appropriate to the patient's age, developmental level, and clinical status.
 - 13.1. When clinically indicated and with appropriate documentation, a patient's personal articles may be kept under lock and key by the staff.
 14. Lockable storage space is provided.
 15. Patients are allowed to keep and display personal belongings and to add personal touches to the decoration of their rooms.
 - 15.1. The treatment units have written rules to govern the appropriateness of such decorative display.
 - 15.2. If access to potentially dangerous grooming aids or other personal articles is contraindicated for clinical reasons, the professional staff explains to the patient the conditions under which the articles may be used and documents the clinical rationale for these conditions in the patient record.
 16. On-unit industrials are provided to allow patients to assist in maintaining a clean, therapeutic environment.
 - 16.1. Such responsibilities are clearly defined in writing, and staff assistance and equipment are provided as needed.
 - 16.2. Descriptions of such responsibilities are included in the patients' orientation program.
 - 16.3. Documentation is provided that these responsibilities have been incorporated into the patient's treatment plan.
 17. Patients are allowed to wear their own clothing.
 - 17.1. If clothing is provided by the program, it is appropriate and is not dehumanizing.
 - 17.2. Training and help in the selection and proper care of clothing are available as appropriate.
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- 17.3. Clothing is suited to the climate.
- 17.4. Clothing is becoming, in good repair, of proper size, and similar to the clothing worn by the patient's peers in the community.
- 17.5. An adequate amount of clothing is available to permit laundering, cleaning, and repair.
- 18. A laundry room in which a patient may wash clothing is accessible on each of the treatment units.
- 19. The use and location of noise-producing equipment and appliances, such as televisions, radios, and record players, does not interfere with other activities or the therapeutic program.
- 20. Books and magazines are available from the hospital patient library.
 - 20.1. Daily newspapers are brought to each unit.
- 21. Arts and crafts materials are available in accordance with patients' recreational, cultural, and educational backgrounds and needs, through programmed efforts, under the direction of the activity service.
- 22. Each treatment unit has facilities available which allow the serving of snacks and appropriation of meals for special occasions, skill building groups, and recreational activities.
- 23. Unless contra-indicated for therapeutic reasons, Utah State Hospital treatment units accommodate the patients' need to be outdoors through the use of nearby parks and playgrounds, adjacent countryside, and Hospital grounds.
 - 23.1. Recreational facilities and equipment are available and are consistent with the patients' needs and the therapeutic program.
 - 23.2. Recreational equipment is maintained in working order.

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Reviewed: 5-07

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Reviewed: 1-13

Chapter: Therapeutic Environment (TH)

Section 3: Barber and Beauty Services

Policy

The following procedures direct the use and management of the barber and beauty shop facilities at the Utah State Hospital. Respect and consideration are given to cultural and religious beliefs.

Procedure

1. A licensed beautician is employed to provide barber/beauty shop services to patients.
 - 1.1. Barber/beauty shop services include but are not limited to hair cutting and styling and the application of colors and perms.
 2. Each unit has a scheduled day and time available for appointments with the barber/beauty shop which is located in the Owen P. Heninger Building.
 - 2.1. The barber/beauty shop schedule is posted on each unit.
 - 2.2. Patients schedule appointments with the barber/beauty shop through unit personnel.
 - 2.3. The unit personnel call or email weekly to confirm the appointments with the barber/beauty shop manager.
 3. Changes by the patient, unit, or manager are made as soon as possible so as to not inconvenience others scheduled to use the shop.
 4. The use of private facilities off campus is determined by the patient's activity status and available funds.
 5. If a hair color is requested it can only be a hair color that is similar to the hair color the patient currently has. No unnecessary changes to the patient's looks are permitted.
 - 5.1. Colors can only be done as maintenance or repair to patient's natural hair color level.
 6. No outside beautician/ barber is allowed to use the hospital barber/beauty shop to perform hair services.
 7. Men's hair colors have to be approved by the treatment team. Treatment team or staff sends beautician proof of approval via email.
 8. Men maintain their own facial hair as part of their personal hygiene and grooming.
 9. Women's buzz cuts have to be approved by the treatment team. Treatment team or staff sends beautician proof of approval via email.
 10. If a patient has head sores or blood on scalp, hair services are denied until completely healed.
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