SERVICE-AT-A-GLANCE

(MGH) Transitional Day Program (TDP)

Location – Are you located on one floor or in several locations in the hospital?
- A2.116 at the MGH

Population – Describe in point form the characteristics of the patient population.
- Schizophrenia
- Depression
- Bipolar disorder
- Personality disorder
- Suicidality
- Sub-acute symptoms but able to go home safely at the end of the day

Age range
- 18 and up

Impact of illness/injury
- Patients admitted to prevent a hospital admission or to shorten a hospital stay
- Risk of escalating
- Safety of patient and surrounding
- Unable to work or go to school
- Difficulty coping with day to day routine at home

Medications: be aware of their indications as well as side effects affecting functions and precautions
- Side effects include sedation, dry mouth, palpitations, difficulty concentrating

Role – Describe the role of your service in point form.
- Case manager for up to 4 or 5 patients
- Groups (daily) from 9:30am to 2pm
  - Community meeting
  - Goals of the week
  - Exercise
  - Life skills
  - Cooking group (OT kitchen on in-patient unit 1x/2 weeks)
  - Cognitive skills
- Individualized intervention/meeting
  - Psychoeducation
  - Family meeting
  - Discharge planning discussion
- Functional Ax + assistance with d/c planning
- Treatment plan (acute/chronic/end stage)
- Continuity of care (rehab/convalescence/homecare/community/LTC)

Team and Key Contacts – Indicate if you work in a multidisciplinary team; who are the key players, staff doctors, consulting CNS’s and other specialists.
- Unit Coordinator
• Head Nurse
• 2 Nurses
• Social Worker
• Psychiatrist
• Music Therapist
• Psychology Intern
• Volunteer
• Peer support worker
• OT: pager (shared): 514-406-2028

Rounds – List the day(s), hours and location(s) of the clinical rounds for your service.
• Monday/Tuesday/Wednesday from 9am to 9:30am
  o Subject to change if MD is on vacation

Medical Tests – Describe in point form the principle/most frequent risk factors that you assess specifically related to your patient population.
• Suicidality/Self-harm
• Non-compliance to treatment (medication, non-attendance to groups)

Assessments - Describe in point form the principle/most frequent forms that you complete specifically related to your patient population in addition to the psychosocial assessment.
• TDP initial assessment form/OT initial assessment form
• Kitchen Ax
• Group observation

Resources - Describe in point form the principle/most frequent hospital and community resources that you allocate specifically related to your patient population.
• Day Hospital
• Out-patient Clinics for follow-up
• Up House
• Forward House
• OMET
• L’Arrimage
• Contactivity Center
• Tracom

“Insider” Info – List any tips, cautions, fast-tracks, templates or lists that would help facilitate a quick-start for someone new to this service.
• Occasional aggressive or disruptive patient (recognizing an escalating client, role playing situations, safety precautions)
• “Non-violent Crisis Intervention” will be discussed with role playing to increase comfort level with clients in mental health, especially concept of “limit setting”
• Liberty to explore any topics of interest in regular groups
• Various forms available on the “H-drive”