

Our Care Partnership with You

Managing symptoms of opioid use withdrawal

This handout is for patients at UW Medical Center who have a history of substance misuse. It explains how your care providers will partner with you and what to expect during your hospital stay.

What is a care partnership?

As your care team, our goal is to provide a safe place for healing and to give all our patients the highest quality care. As part of our care, we create a *care partnership* with each patient. This means that while you are in our care, we will partner with you to make your hospital stay as positive as we can.

Why do I need this partnership?

When patients have a history of substance misuse, they may have a higher risk of problems during their hospital stay. We want to lower that risk for you. Our goals are to help you heal and keep you safe during your hospital stay. We can reach these goals best when we work together.

What treatment can I expect?

It may have been hard to admit yourself to the hospital. We know that withdrawing from opioids can be hard, too.

During your stay, we will:

- Care for you in a kind, respectful manner and without judgment
- Help you focus on the progress you are making
- Identify your positive behaviors
- Use humor wisely
- Remind you of what we expect
- Set reasonable limits
- Listen to you and support you



We will treat you with kindness and respect while you are in the hospital.

Our staff will visit you often during the day. They will explain what they are doing before giving you any treatments (*interventions*).

What pain medicines will I receive?

If your doctor prescribes methadone to help prevent withdrawal symptoms, we will mostly likely start you with a dose of 20 mg twice a day. We do not use benzodiazepines for pain control.

Please know that **only** your primary care team will make changes to your pain medicines. Doctors on the night shift do not change your medicines or your doses.

What do I need to do?

As part of our care partnership, you must agree to:

- Not leave the unit.
- Not tamper with your *intravenous* (IV) lines.
- Let our staff give you the care needed for the condition that brought you to the hospital. This includes drawing blood and doing tests.
- Not make repeated calls to the nurse for minor needs.
- Not be aggressive, in words or actions.
- Respect all members of our care team.

We cannot allow yelling, verbal abuse, or bad language. If these occur, staff will leave the room and give you time to calm down. They will return when you can treat them with respect.

We hope you understand that our highest priority is to keep you, our staff, and all our patients and visitors safe.

What about my belongings?

When you are admitted to the hospital, your belongings may be:

- Placed in storage
- Inspected, with your permission

Can I have visitors?

Your care team will decide if you can have visitors, based on what will best support your healing. If you can have visitors, they cannot use the bathroom in your room or eat the food that you ordered. The bed, bathroom, and food in your room are for your use only.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.
