

NIH Clinical Center Patient Education Materials

Welcome to 5 Northeast South (5NE-S)

Special Clinical Studies Unit (SCSU)

Contact Information

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The Clinical Research Nurses on 5NE-S SCSU care for children and adults who are admitted with health conditions requiring a high level of isolation. Others are admitted to participate in vaccine studies. The SCSU nursing staff receive special training to provide care to patients who need different levels of isolation. Staff members are skilled in caring for those exposed to or who are ill from infectious agents. Our team works together to give you the best care during your time at the Clinical Center. Here is some information about what you and your family can expect.

What happens when you arrive?

Upon admission, you will receive a tour of the unit. A nurse will review the unit policies and procedures with you. Please talk to your nurse about any concerns that you might have during your stay, as well as anything you do not understand or need regarding your care.

In addition to ensuring that you get the highest standard of care, the nursing staff must collect protocol-related information including:

- Vital signs (temperature, pulse, respiratory rate, blood pressure, height and weight)
- Laboratory samples (blood, urine, sputum, or other types)
- Coordinating diagnostic tests to be completed within the SCSU or elsewhere in the Clinical Center

Because certain protocols require very strict schedules for tests and procedures, it may be necessary to schedule meals or other activities around these appointments. Let the nursing staff know about your special needs so that they can accommodate you.

Please tell us right away if you have respiratory (breathing) symptoms; if so, please ask for a mask and put it on right away.

Do you need identification?

We will give you an ID bracelet to wear on your wrist. Please understand that you need to keep it on at all times. The ID bracelet will serve as identification for lab collection and medication administration at NIH.

What should you bring with you?

The unit will feel cool because of a unique air filtration system which provides a continuous flow of filtered, clean air. Doors to your room must stay closed as much as possible. Bring warm clothes so that you are comfortable.

Do not bring large amounts of money, jewelry, or other important items with you. If you do need to keep valuable items with you, we ask that you store them in the safe provided to you in your room.

What can you expect during your visit?

You may find that your experience here differs from other facilities.

Amenities not found in other units include:

- Common area equipped with large-screen television with cable access
- Workout room with treadmill, stationary bike, and flat screen television
- Each patient bed is outfitted with a personal television, and available internet access.
- Kitchen area for food preparation and storage
- Washer and dryer for patient use
- DVDs, magazines, reading material, and other entertainment may be found in the common area.
- DVDs are also available from the NIH Patient Library upon request.

The SCSU is divided into two sections:

- Patient care area
- Nursing station

Some protocols may require nursing staff to remain outside of the patient care area. You will see the nurses involved in your care through the windows in the nurses' station and communicate via phone intercom. The nurses and other medical staff maybe required to wear PPE such as masks, gloves, and gowns when providing direct care.

Cameras are placed throughout the unit to monitor patients. Closed-circuit cameras in the hallway, exercise room, common room, and patient rooms allow the nursing staff to ensure your safety at all times. Patients will be notified by nursing staff prior to camera monitoring in rooms. Your privacy is respected and protected at all times during your stay.

The ability for you to leave the SCSU will depend on the research protocol that you are enrolled in, as well as your current health condition. Certain protocols require patients to stay on the unit for the entire the study, while others do not. It is very important that before leaving the unit you check with your nurse to confirm you are not on a protocol that limits your movements and that you do not have a procedure scheduled.

Please be aware you may be asked to wear gloves, a gown, and a mask if you do leave the unit. This protects both you and other people in the Clinical Center. Your nurse can answer any questions you have about scheduling time off the unit.

NIH is a smoke-free campus. If you have any questions about our smoking policy, please talk to your health care team. The NIH police may fine anyone who smokes on the NIH property.

How do you receive meals?

You can use the menu in your room to choose your meals. We will serve all of your meals in your room between 6:30a.m. and 6:30p.m. To order, press 3 on the phone in your room, or call 301-451-FOOD (301-451-3663). Please remember that meals are only for patients, not visitors.

Your protocol may restrict the types of foods you are able to eat. Check with your nurse prior to

eating foods obtained outside of the Clinical Center. A refrigerator is available in the common area for your use. Juice and crackers are available from nursing staff upon request.

What are the rules about visitors?

A nurse will explain the visitor policy specific to your protocol at time of admission. Please keep in mind:

- Visitors must wash their hands before and after entering your room.
- Visitors may be required to wear personal protective equipment (PPE) such as masks and gloves before entering and while in the unit.
- Some protocols may limit:
 - your ability to leave the unit
 - visitors to enter the unit

How can you do laundry?

Washers and dryers are available for your use at no cost. They are located adjacent to some inpatient units. Ask at the nurses' desk for directions. There is also a dry cleaning service available through the Gift Shop on the B1 level of the Magnuson Center.

**What if you have health problems at home?
If you have an emergency while you are off the unit or once you are at home, call 911 right away.**

Patient Portal

The patient portal provides patients with secure access to view selected medical information and the Patient Handbook online at any time.

To create your account, visit the website:

<http://patientportal.cc.nih.gov>

This information is prepared specifically for persons taking part in clinical research at the National Institutes of Health Clinical Center and may not apply to patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team.

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