

Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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PROTECTED MEAL TIMES

Information for Patients, Relatives and Visitors



Protected Meal Times



Protected Meal Time (PMT) is a period of time over lunch and supper when all activities on the ward stops, in order to ensure staff prioritise the patients' nutritional needs. Also, it gives the opportunity and time to assist patients with their meal, if needed.

The only exception to this rule will be in the case of medical emergency or where intervention for very sick patients cannot wait.

The PMT period lasts for 60 minutes, between 12.30 and 1.30pm.

Why are PMT important

Eating well is fundamental to a better and quicker recovery. Besides medication and therapy, food is also part of your care and treatment.

We encourage all patients to eat their meals, and welcome visitors and relatives who can help support patients with their intake.

The Protected Meal Time focuses not only on the quality and nutritional value of food, but also the patients' experience of eating.

Allowing patients to eat without unnecessary interruptions, in a relaxed and calm environment, provides them with time to socialise and enjoy their meal.

Visiting during PMT

Visiting patients during the PMT time period is not permitted unless your visit has the purpose of helping your relative or friend to eat or provide encouragement. Permission must be sought from the Nurse in Charge.

The only exception to this may be in the case of very sick patients where relatives have been asked to stay.

If possible please try to avoid telephoning the ward for information between 12.30 – 1.30pm, so the staff can concentrate on helping the patients with their meal.

For more information, please speak to the nurse in charge.