

Patient advice sheet

Bucks Integrated Respiratory Service (BIRS) discharge support team

A guide for patients with chronic obstructive pulmonary disease and other respiratory diseases

Who are the discharge support team?

You have been referred to the discharge support team because you have had a 'flare-up' of your chronic obstructive pulmonary disease (COPD).

The respiratory team has decided that you do not need to stay in the hospital for the treatment of your flare-up. Instead, this treatment can be given to you at home with close supervision from our discharge support team. We are a multi-disciplinary team that includes specialist and community nurses, respiratory doctors, therapists, and pharmacists.

The treatment prescribed will be the same as you would have received in the hospital. This may include antibiotics and steroid tablets, inhaled and/or nebulised medications, and sometimes oxygen therapy if your blood oxygen level is low.

We will give you a list of your treatments and medications to take home with you.

How safe is it to be treated at home?

Research has established that for a carefully selected group of patients with COPD flare-ups, treatment can safely be delivered at home. The outcome is as good as, or better than, staying in hospital.

What happens when I go home?

Prior to discharge from the hospital you will be visited by a member of the discharge support team who will ensure your treatment is optimal before discharge. A member of the team will then arrange to visit you at **home the following day**.

The support you receive from the team will include home visits and telephone calls. We may discuss installing some temporary equipment which will help us assess your condition.

At these visits, your progress will be monitored and treatment adjusted if necessary. The team will discharge you once they are satisfied with your progress, usually 2-7 days after leaving the hospital.

The team will return after 2 weeks to review your progress and offer advice on managing your COPD as necessary. They may also refer you to pulmonary rehabilitation.

If you do not improve as expected the team will discuss your care and you will be admitted to the hospital without delay if required. If you do go into the hospital whilst under the care of the discharge support team, please take your COPD pack with you.

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After a flare up

For most patients, once the flare-up has settled you can return to your normal treatments for your COPD.

The nebuliser machine and any other equipment that we provide is on loan to you during your flare-up and will need to be returned to the team. This allows us to use the equipment for other patients.

We will arrange an appointment with a hospital respiratory consultant to see how you are getting on and arrange any future investigations.

How else can you help yourself?

We will help you to think about what you can do to improve your health and make flare-ups less likely.

Discussions will include:

- stopping smoking (if you are a smoker)
- helpful levels of exercise/physical activity
- healthy eating
- ensuring you take your inhalers
- joining a local or online COPD patient support group.

We can also refer you to pulmonary rehabilitation. This is a course designed for patients to help improve their lung fitness to make them feel less breathless during activity.

Understanding COPD helps you recognise when things are going wrong and enables you to seek medical advice to prevent deterioration.

You may also be advised to keep a supply of stand-by medications along with an action plan to help you treat yourself for flare-ups in the future.

**For more information about COPD try our website: www.buckslung.org
or The British Lung Foundation website: www.lunguk.org**

**Buckinghamshire Integrated Respiratory Service (BIRS)
The Annexe
Thame Community Hospital
East Street
Thame
OX9 3JT**

**Direct Dial: 01296 255670
www.buckshealthcare.co.uk
Email: buc-tr.birs@nhs.net**

**Monday to Friday – 8.15 to 18.30
Weekends/Bank Holidays – 9.00 to 16.30**

**If you require medical advice out of hours please dial 111.
In the event of an emergency please call 999.**

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Please remember that this patient advice sheet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

How can you help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

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If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net

এই তথ্যে সাহেজ পড়া যায় অথবা বৃহৎ চিত্রের মত বিবক; ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্যান্য ভাষায়ও পাওয়া যেতে পারে। আমরা তথ্যের জন্য আপনার ডিজিটাল হোমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya buyuk baskilar gibi alternatif bicimlerde sunulabilir, ve talep uzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi icin klinik ekibinizle irtibata gecin.

یہ معلوم ات متبادل فارمیشن میں ن دست سیاب کی جا سکتی ہیں، جس سے آسان ہے اور اس میں مزید معلومات کے لیے باڈی اور رٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کیلنکل ٹیم سے بات کریں۔