

**C.O.P.D
(Chronic Obstructive Pulmonary Disease)
Assisted Discharge Service**

**Queen Elizabeth Hospital
Sheriff Hill
Gateshead
NE9 6SX**

Assisted Discharge Service

You have a flare up of your chest condition, Chronic Obstructive Pulmonary Disease (COPD). A flare up is known as an exacerbation.

You do not need to stay in hospital and can go home on the treatment prescribed for you, with support from the Respiratory Nursing Team.

Your treatment may include nebulisers, inhalers, steroids and antibiotics. This treatment can be taken safely at home and the outcome is just as good.

You can expect to recover in a week or two and return to your normal state of health. Your treatment will be supervised on the day after discharge by a Respiratory Nurse Specialist who will visit you at home on the day after you go home and will continue to visit you until you have almost recovered. At the visits your progress will be monitored and your treatment will be adjusted if necessary. In the unlikely event that you do not improve as expected, you will be re-admitted for further tests.

You will hold information about your treatment and a contact number for the Respiratory Nurse at home. If you experience difficulties with your breathing out of office hours then you will be advised to call Urgent Care Team on 07908414673 for their advice or 999 if you are not able to speak in complete sentences.

On discharge if required you may be given a nebuliser on loan until the Respiratory Nurse is happy with your progress.

During your care at home, we will advise what can be done to improve your health, to reduce the risk of flare ups, this may include advice on:

- Smoking Cessation
- Exercise
- Pulmonary Rehabilitation
- Anxiety and Depression
- Self-Management
- Medication
- Dietary advice

You may be referred to our Physiotherapy Team and/or Occupational Therapist.

Understanding COPD helps you recognise when things are going wrong and enables you to self-manage your disease by adjusting your treatment at an earlier stage to prevent further deterioration.

The Respiratory Nursing Team

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Data Protection

Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

In order to assist us improve the services available your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews. Further information is available in the leaflet Disclosure of Confidential Information IL137, via Gateshead Health NHS Foundation Trust website or the PALS Service.

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