

What is Chronic Obstructive Pulmonary Disease (COPD)?

COPD is a chronic disease of the lungs that makes it difficult to breathe, as the airways have become narrowed causing obstruction to air flowing out of the lungs.

Symptoms can include cough, wheeze, phlegm, frequent chest infections and shortness of breath.

A person living with COPD can have episodes when their symptoms worsen or 'flare up'. This can be caused by an infection, but not always. In medical terms this is called an exacerbation.

Your GP can often treat these episodes if you go to see them once you start to feel unwell. However an exacerbation can sometimes lead to a hospital admission. This leaflet supports you around the time of discharge from hospital after such an admission.

What is COPD Outreach?

COPD Outreach is a service to help support you through your discharge from the hospital. The service aims to reduce your time in hospital and assist you to recover in your home environment.

The programme is run by a nurse and physiotherapist.

COPD Outreach Early Supported Discharge

You will be visited by the COPD Outreach team in hospital to be assessed for your suitability for the Early Supported Discharge Service.

If you are suitable and agreeable, you will be discharged within 72 hours of attendance at the Emergency Department.

After your discharge from hospital, we usually follow you up at home several times over a two week period.

Home Visits with the COPD Outreach team

Day 1- 3 after discharge home:

At home, we will carry out an assessment and discuss your treatment plan. Our team can provide you with support and advice on:

- Understanding your breathing condition, symptoms and treatments.
- What to do if you feel unwell again.
- Inhalers/Nebulisers.
- Oxygen Therapy.
- Healthy living advice.
- Exercises to complete at home.
- Techniques to help you manage your breathing condition.
- Referral to Pulmonary Rehabilitation.

COPD Outreach Early Supported Discharge

Day 3 – 14 after discharge home:

A member of the team will contact you by phone to see how you are and if needed, we will visit you again at home.

How often you are seen will depend on what your needs are.

During the 14 days you will remain under the care of the Respiratory Consultant for your breathing problems.

Your GP will be informed that you have gone home and are being seen by the COPD Outreach Service.

Your public health nurse visits or other organised support services will not be interrupted.

For other medical problems please consult your GP as usual.



What to do if you feel unwell at home

You can contact the COPD Outreach team at any stage if you have any concerns, questions or need advice.

The contact details are as follows:

TEAM CONTACT DETAILS

This service is available Monday to Friday
am to pm.

It is not an emergency number.

If you feel more unwell you should contact your GP during regular hours or your local Out of Hours GP service.

If you are very unwell and need urgent care you should attend Emergency Department or phone 112 or 999.

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Planned Home Visit Date:

We are planning to visit you at home on

at

We will phone you before we visit to remind you and confirm our planned arrival time.

If possible it may be helpful to have a family member or carer present who can also ask questions and listen to the advice you are given.



COPD Outreach Early Supported Discharge

Information for Patients, Families & Carers

November 2023

