Respiratory Hospital at Home

To read this leaflet in a different language, please visit our website: **www.uhd.nhs.uk/visit/patient-information-leaflets** and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499** or email **uhd.patientexperienceteam@nhs.net**.

The Royal Bournemouth Hospital,
Castle Lane East, Bournemouth, Dorset, BH7 7DW

Poole Hospital,
Longfleet Road, Poole, Dorset, BH15 2JB

Christchurch Hospital,
Fairmile Road, Christchurch, Dorset, BH23 2JX

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Some of our hospital services are moving.
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NHS
University Hospitals Dorset
NHS Foundation Trust

Dorset adult integrated respiratory service (DAIRS) Respiratory Hospital at Home

UHD at Home
Acute Hospital care
for you at your home

DAIRS

Dorset adult integrated respiratory service

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Welcome information

Hospital at Home offers elements of hospital care. It is for patients who meet specific criteria. Care is given in the comfort of the patient's usual home. This is also known as a virtual ward.

The DAIRS team will visit or phone you. This allows hospital treatment to be given at home.

On home visits, a DAIRS nurse or physiotherapist will carry out an assessment of your condition. They will contact the hospital consultant for further advice if they need to.

DAIRS can provide and teach you how to use new medication and equipment if needed.

What happens next?

While you are under DAIRS you will remain under the care of University Hospitals Dorset (UHD) until you are discharged. This approach provides safe and effective, patient centred care, equivalent to acute hospital care.

As your condition improves, we will discuss with you the best time to discharge you from the service and back to the care of your GP. This usually happens within a week of discharge and once your condition is stable again.

Contact details

Working hours: 8am-4pm, seven days a week

Royal Bournemouth office:
0300 019 6122 (answerphone 24 hours a day)

Poole office:
0300 019 8483 (answerphone 24 hours a day)
Mobile: **07789 867801**

Dorset adult integrated respiratory service (DAIRS) Respiratory Hospital at Home

Loan nebulisers

You may be assessed as needing a nebuliser at home while on the Respiratory Hospital at Home. A nebuliser (or air compressor) is a device that converts liquid drug into a fine mist for inhalation (breathing in). A nebuliser will be provided for you if needed. It will be for use while you are under Respiratory Hospital at Home. You will be taught how to use and care for the nebuliser correctly.

- Place the nebuliser on a firm, flat surface
- Attach the tubing to the outlet on the compressor and to the drug chamber
- Unscrew the chamber and gently squirt in the contents of the drug nebule. Ipratropium and salbutamol can be mixed in the chamber - all other drugs should be used individually
- Re-attach the chamber top and mouthpiece to the drug chamber
- Sit comfortably in an upright position
- Switch on the nebuliser and take relaxed, even breaths through your mouth
- On completion, dismantle the drug chamber and mouthpiece. Wash them in warm soapy water, rinse and let air dry

- Run the air compressor, with just the tubing attached for approximately one minute. This dries condensation in the tubing, which should not be washed

What happens when I have been discharged from Respiratory Hospital at Home?

Once you have been discharged from Respiratory Hospital at Home, your GP will be told. They will be sent a summary of the care you received.

If you feel unwell after you have been discharged, you will be able to refer directly to DAIRS for advice and support and, if needed, home assessment and treatment.

At the time of discharge DAIRS will collect any equipment that has been loaned or arrange a date for return and will also advise you on how to obtain appropriate equipment for permanent use at home if necessary.

The team may arrange for you to be sent an outpatient clinic appointment with a member of the respiratory team 4-6 weeks after discharge.

What to do next?

A DAIRS team member will have provided you with an individualised self-management plan based on your condition and current medications. **Please keep this in a safe place and refer to it when you feel your condition worsening and follow the advice given**.

Useful telephone numbers:

Asthma and Lung UK (formally British Lung Foundation)
Tel: **0300 222 5800**
Website: **www.asthmaandlung.org.uk**

Benefits enquiry line
www.gov.uk/disability-benefits-helpline

PIP (personal independence payment)
Tel: **0800 121 4433** / **0800 121 4493** (Textphone)

AA (Attendance Allowance)
Tel: **0800 731 0122** / **0800 731 0317** (Textphone)

Citizen's Advice
Tel: **0800 1448 444**

How can I get help if I have problems or questions?

- You can contact DAIRS using the details at the end of this leaflet. DAIRS working hours are 8am - 4pm, seven days a week. You can leave an answer phone message 24 hours a day and we will respond within working hours.
- If you feel unwell and need support outside of DAIRS hours you can ring NHS **111**.
- In the event of an emergency, or if you need urgent medical attention, please dial **999** and request an ambulance.

Symptoms to watch out for

- more breathless or wheezy than usual
- reduced energy for daily activities/walking
- loss of appetite
- increased tiredness and poor sleep
- coughing up more sputum or change in colour
- signs of a cold.