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Bengali



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169.

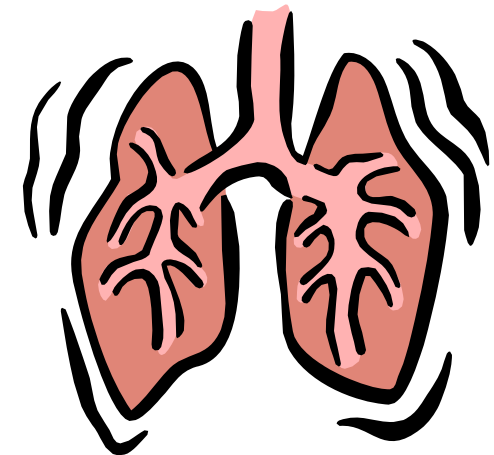
Document History

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Department of Respiratory Medicine

Patient Information

Early supported discharge for patients with COPD



Admission to hospital

You have been admitted to hospital with a flare up of your chest condition, however on this occasion the doctors feel you do not need to stay in hospital to complete your treatment.

The treatment which has been prescribed for you may consist of nebulised therapy, antibiotic tablets, steroids or oxygen, all of these treatments can be administered at home for you.

Treatment at home

Your treatment will be supervised at home by the Acute Respiratory Team (ART). A specialist nurse from the team will visit you the day after you are discharged from hospital and will continue to visit or telephone you at home until you have recovered. Your case will then be discussed with a respiratory consultant who will decide your future care. We will then telephone you to inform you of their decision. When the nurse visits they will monitor your progress and adjust your treatment according to how well you respond, you will have contact numbers so that you can call them anytime for advice. If we are not available to take your call please leave us a message and we will call you back as soon as possible.

The nurse who has visited you today is;

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Contact numbers.....

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Treatment following your flare up

Most people who require alternative treatments during their flare up can return back to their normal therapy when they have recovered. If you have required a nebuliser this will be collected by the nurses when they feel you have recovered and can manage on your inhalers.

Understanding your illness

Having knowledge of your illness helps you to recognise when things are going wrong, this enables you to increase your treatment at an early stage to try and prevent symptoms from getting worse.

The nurse will go through a self management plan with you to enable you to manage your illness in order to try and keep you well, and give you an action plan of what to do if things get worse. While the nurses are visiting you at home we will discuss ways in which you can improve your health to reduce the amount of flare-ups. This may include advice on smoking cessation, exercise programs, dietary changes, and information about your illness; you will also have the opportunity to ask questions about your illness and prescribed treatment.