

Referral to ARCARE for Respiratory Support

In-Patient Reviews, Supported Discharge, Admission Avoidance

Inpatient Reviews / Supported Discharge	Admission Avoidance
<p>Referral from: RLH Wards/Areas Inpatient Reviews for Acute admissions at RLH only *Supported Discharge for Tower Hamlets residents</p> <p><u>Inclusion Criteria –</u></p> <ul style="list-style-type: none"> • Must have a diagnosis of COPD or Asthma and reason for admission related to exacerbation of COPD or Asthma. 	<ul style="list-style-type: none"> • Referrals from GP’s, LAS, PRU, A&E other community teams, • Self-Referrals from Known/Active Patients <p><u>Inclusion Criteria</u></p> <ul style="list-style-type: none"> • Must Reside in Tower Hamlets (TH) and/or Tower Hamlets GP • In Exacerbation of diagnosed COPD (evidence of spirometry or radiologic confirmation) <p><u>Exclusion Criteria - Evidence of new hypoxemia, severe CAP, Type 2 RF</u></p>
<p><u>Interventions –</u></p> <ul style="list-style-type: none"> • Inhaler Medication Optimisation • Nebuliser Weaning • Smoking Cessation Advise • Self-Management Plan /Education • MDT Support and Onward Referrals • Home Oxygen Advise and Guidance 	<p>In Patient Reviews and Supported Discharge Interventions, Plus +</p> <ul style="list-style-type: none"> • Initiating rescue pack/ short term nebulisation • Breathlessness management • Chest Clearance • Monitoring and Follow Up

Adult Respiratory Care and Rehabilitation (ARCARE) Open Mon-Sat (8-6), Sun (8-4.30)
Refer by calling Triage Mobile: 07983177719 Bleep:1936
GP Referrals via Single Point of Access using EMIS template



ARCARE Services

Pathway	Features/Inclusion	Exclusion
<p>Pulmonary Rehabilitation (PR)</p> <p>6-8 week treatment program involves exercise/ education (sessions run twice a week)</p>	<p>Must have –</p> <ul style="list-style-type: none"> Respiratory Diagnosis MRC Dyspnoea 2 Able to Travel (Have 4 sites in TH) <p>*Patients discharged from hospital (Aim enrolment 30 days)</p>	<p>Uncontrolled Hypertension Severe Heart Failure Recent cardiac event Arrhythmias</p>
Diagnostic Spirometry	Patients referred by GP for spirometry, Referral via ERS (not EMIS), test done at SBH/RLH Lung Function Department	
Home Oxygen Service	Advise and Guidance via Telephone, Complex Home oxygen requirements, Initial Home oxygen review for new users and Annual Reviews. Ambulatory oxygen done as part of pulmonary rehabilitation or in clinic. Call Triage Mobile (see below) or Refer via EMIS.	
Enhanced Care	Patients Known to ARCARE already.. Case Management of Complex Respiratory Patients. Frequent Hosp admission > 2 previous year	
Other Support/ Pathways (For active ARCARE patients only)	<p>Psychology – Complex psychological needs, High Anxiety</p> <p>Dietician – Low BMI / High MUST score / Wt Loss</p> <p>Intermediate care - Home Exercise Program/ Goal: Attend PR</p>	
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