



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Early Supported Discharge Service for Chronic Obstructive Pulmonary Disease (COPD)

Information for patients, relatives and carers

① For more information, please contact:

**Early Supported Discharge Service**

Telephone 01904 726448

The York Hospital, Wigginton Road, York, YO31 8HE

Main Reception: 01904 631313

<b>Contents</b>	<b>Page</b>
What is COPD? .....	3
What is the Early Supported Discharge Service? .....	4
What do the Respiratory Nurses do? .....	4
What do the Physiotherapists do? .....	4
What might my treatment include? .....	5-6

# What is COPD?

COPD stands for Chronic Obstructive Pulmonary Disease.

- Chronic – means that the problem is there all the time, it does not mean severe.
- Obstructive – means blocking or hindering. In COPD the airways are narrowed, so the flow of air in and out of the lungs is slowed, this makes it more difficult to breathe.
- Pulmonary – refers to your lungs. This includes all the tubes that take air through your mouth and nose to your lungs.
- Disease – means illness.

COPD includes illnesses that you may have heard of before, e.g. emphysema, chronic bronchitis or smoker's chest.

## **What is the Early Supported Discharge Service?**

This service has been developed to enable you to return home as soon as possible. You will receive the treatment and care you require from a dedicated team of nurses in your own home.

## **What do the Respiratory Nurses do?**

These nurses will have received further training in COPD. They will visit you at home to monitor your condition and provide any necessary treatment. Your condition will be assessed at each visit and appropriate support, advice and education given.

## **What do the Physiotherapists do?**

The Physiotherapist will assess you whilst in hospital if required and provide treatment, advice and education about your condition. They may also assess your mobility and provide walking aids as required. This may also include an exercise programme to improve your fitness level and ability to perform everyday tasks. The physiotherapist will then assess to see if you require further treatment in clinic or at Pulmonary Rehabilitation.

# **What might my treatment include?**

## **Using an Inhaler**

An inhaler will usually deliver your chest medication. When your symptoms are worse medication may be delivered by a nebuliser.

The Respiratory Nursing team will check you are able to use your inhaler correctly, to ensure you get most benefit from your medication. There are many different types of inhalers, we will help you decide which is most suitable and show you how to use it.

## **Smoking Cessation**

Smoking causes permanent damage to your lungs. If your COPD is caused by smoking you should stop as soon as possible. The Respiratory Nursing team can provide support with this and refer you for continuing support if you need this.

## **Nebuliser**

If needed on discharge from hospital a nebuliser will be provided to you for temporary use. A nebuliser makes a mist out of liquid medication, which you breathe in. You will be provided with full instructions about use and care of your nebuliser. You should not be using a nebuliser routinely without an assessment of how it benefits you.

## **Oxygen Therapy**

Oxygen therapy isn't routinely prescribed.

If it is necessary for you to use oxygen therapy; this simply means you breathe in oxygen-enriched air. The team will provide you with the equipment required and full instructions.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

The Respiratory Nursing Team, The York Hospital,  
Wigginton Road, York, YO31 8HE or telephone 01904  
725837.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

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或發電

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Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

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