

# Hospital at Home

## Information for patients

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## What you need to know

# **Hospital at Home**

## **Who are we?**

Hospital at Home (or H@H) is a multidisciplinary acute care team, made up of NHS Lothian Doctors, Advanced Nurse Practitioners, Nurse Practitioners, Nurses and Clinical Support Workers. We will work with other members of the team as needed to support you.

## **What do we do?**

You will be seen urgently in your own home or care home as an alternative to being admitted to hospital, or as an early supported discharge from hospital if you need ongoing medical or nursing support.

We will carry out assessments, investigations and diagnose illness. We will provide the treatment, interventions and rehabilitation that you need. We will discuss your goals with you and your family to help plan your future care.

Our team will only need to be involved with you for a short period. This may range from one visit or many visits over a number of weeks depending on what you need.

We will let your GP know that our team are involved and update them regularly. Please contact our team if you have any problems whilst you are under our care.

Once you have been discharged from H@H, we will write to your GP with a full summary of our assessments, interventions and medication changes so they can continue your care.

## **Why should I use H@H?**

Research has shown that with the correct resources, treatment in the community is as effective as being in hospital. Studies show some patients prefer to be in their own home.

Admission to hospital can mean loss of mobility and independence. Patients with dementia often experience worsening confusion when spending time out of their usual environment.

## **How do I access H@H?**

Your GP, hospital wards, the Emergency Department and the Scottish Ambulance Service can refer you to our team.



## Contact us

If you need to contact a member of the Hospital at Home team please use the number for your local area from those listed below:

Edinburgh	Daily 8am-8pm	<b>07989 170 797</b>
East Lothian	Daily 8am-8pm	<b>01620 642 798</b>
Midlothian	Daily 8am-6pm	<b>07773 193 921</b>
West Lothian	Mon– Fri 8am-6pm Sat/ Sun 9am-5pm	<b>01506 524 149</b>

Please note the times when these numbers will be in use. Out with these times, please call 111 to speak with an advisor from NHS 24, or **in the event of an emergency please dial 999**. It would help if you can tell them that you are under review from the Hospital at Home team.