

Outpatient Parenteral Antimicrobial Therapy (OPAT)

Information for patients

**Medical Day Unit
St John's Hospital
Livingston
West Lothian
EH54 6PP**

01506 522215 or 01506 522216

Welcome to OPAT

OPAT provides a 7 day service for patient within NHS Lothian who require antimicrobial treatment (medicines used to prevent and treat infectious diseases). This can be intravenous therapy (IV) (through a vein) or longer term oral therapy (tablets or liquids), which requires monitoring.

The service aims to improve the quality of life for patients by allowing patients to return home from hospital quicker and also avoiding overnight stays in hospital in some cases.

This allows patients the opportunity to recuperate in their own home.

The Team

Although predominantly nurse-led, the OPAT Clinic has a multi-disciplinary team, who oversee, determine and regularly review patient treatment plans. They meet on a weekly basis to discuss your treatment, arrange any follow-up appointments and ensure you are responding well to treatment.

The team consists of:

- Infectious Diseases Consultants
- Specialised Nursing Team
- Specialist Pharmacists
- Microbiologists
- GP with Special Interests.

What is the process?

At your first appointment you will be seen by one of our OPAT nurses, as we are a nurse-led service.

They will explain in detail what to expect whilst under the care of OPAT, discuss your treatment plan which has been created by your referring team and an OPAT consultant.

The process will be different for each patient depending on their condition and symptoms.

Generally, patients who require ongoing intravenous (IV) therapy will attend daily for treatment.

Patients on complex oral antibiotics attend weekly for review, provision of medication and blood monitoring.

GP and Accident & Emergency referrals

If you have been referred either by your GP or A+E for Skin and Soft Tissue Infection (SSTI) such as cellulitis or bursitis, then your treatment plan will be reviewed differently.

At each appointment you will be assessed by one of our experienced nurses on a daily basis. They will carry out a review and decide if you require ongoing IV therapy or if you can stop IV therapy and start a course of oral antibiotics.

If you require any wound care or dressing management, please contact your GP practice to arrange ongoing care for these, in the community.

How to get to OPAT

OPAT is based in the Medical Day Unit in St John's Hospital.

This is on the ground floor. Turn right when entering the hospital via the main entrance.

The door is locked and entry can be gained by pressing the buzzer on the wall, and member of staff will greet you as soon as they are available.

Opening Times

The department is open Mon–Fri 08:00–18:00 and Sat & Sun 08:00–16:00.

Appointments are available from 09:00–16:30.

Appointments will be discussed with you at your first appointment with us.

Please contact us on 01506 522215 or 01506 522216.

If you require medical advice or assistance out with these hours, please contact 111 or A+E.

Transport

OPAT do not provide transport for patients. If you cannot make your own way to your appointments, please arrange Patient Transport Service by calling 0300 123 1236 .

On completion of your care

Patients receiving IV therapy, may be stepped down to oral antibiotics with weekly monitoring to complete treatment.

Patients may also be required to attend for one final blood test 1 week after treatment has stopped.

Once the consultants overseeing your care have decided you have completed the necessary treatment of your infection, you will be discharged from the OPAT service.

You may have follow-up appointments either with the Infectious Diseases team or with your referring speciality team.

However, please note there are patients who do not require any follow-up and this will be made clear to you on discharge.

OPAT will also write a discharge letter, summarising your treatment.

This is sent electronically to your GP and when necessary to the doctor who referred you.

Please be aware of the potential side effects that can arise whilst on antibiotics.

Most people tolerate antibiotics with little to no side effects, however occasionally they can occur. If you experience any of the below, please make OPAT team aware:

- Diarrhoea (softer stools can be common, but diarrhoea should be reported).
- Nausea, vomiting, headaches.
- Any other symptoms that are new to you, that you feel could be related.

We also ask patients to be familiar with sign of allergy to a new medication and the importance of reporting these immediately:

- Rash, new itch, new redness of the skin or swelling.

Anaphylaxis is a very severe allergic reaction. It is a medical emergency and **999 should be called if you experience some or all of the following symptoms:**

- Severe widespread itch and rash
- Sneezing, coughing with or without a wheeze.
- Sudden onset of flushed red skin.
- Any swelling to the lips, face or tongue
- Any difficulties breathing, speaking or swallowing
- Collapse / loss of consciousness.

Feedback

Patient feedback is important to us and this information is vital to helping us improve our service.

Please see the back of this leaflet for further information on how you can provide us feedback.

Patient feedback helps us improve our service. Please visit the website below or scan the QR code with your smart phone to complete our short feedback survey.



<https://forms.office.com/e/GJBUixZgmJ>