

PATIENT INFORMATION

Respiratory Virtual Ward

08:00 - 18:00 Monday to Sunday (01803) 655199
Admin: (01803) 654246

Outside of these hours, if advice is required call:
Acute Medical Unit (AMU) 07796961708

What do we do...?

The aim of the Virtual Ward (VW) is to support safe, early discharge from hospital or to provide treatments that mean you can avoid coming into hospital.

The team provides home visits or telephone support based on your needs. You may be asked to attend outpatient appointments.

We link with the Medical Admissions Avoidance Team (MAAT), Community Matrons, Specialist Nursing Teams and Stop Smoking Services.

Your treatment and care is reviewed regularly with the Respiratory Consultants.

On discharge from the virtual ward we advise your GP of the treatment that you have received.

Services that we provide:

If being discharged from hospital, we may provide the following short-term management:

- Nebuliser therapy
- Short term oxygen therapy
- Medication reviews
- Help and general advice to manage your lung condition such as, stopping smoking, healthy diet, keeping active and breathing techniques
- Intravenous antibiotics to self-administer
- Intravenous antibiotics administered by the Respiratory Nurses

For longer term management you may need to be referred to the Respiratory Specialist Nurse for review.

In some cases, we may be able to start your intravenous antibiotics as an outpatient to avoid the need for hospital admission.

Useful contacts:

Asthma & Lung UK:
www.asthmaandlung.org.uk

Stop Smoking Service:
0300 456 1006

Care Direct:
0845 155 1007
(South Hams & Teignbridge)

Adult Social Care:
01803 219700
(Torquay)

Talk Works:
0300 555 3344
(long term health conditions)

Looking After Your Chest:

Stop smoking: by stopping today you can prevent further damage to your lungs. Ask your nurse about this.

Keep Moving: it is important to maintain some gentle activity even when you are unwell but remember to pace yourself. We may talk to you about Pulmonary Rehabilitation.

Pacing: it is normal to get breathless with activity. Pacing means doing your everyday activities slowly and stopping to rest more often.

Breathing techniques: your respiratory nurses will teach you techniques to help control your breathing and to help clear secretions from your chest. We may refer you to see the chest physiotherapist.

Dietary intake: it is important to stay hydrated and have a healthy balanced diet. Ask your nurse about this.

Vaccinations: we encourage you to have a yearly flu vaccination and to have a pneumonia vaccination if it is indicated.

Contact details

Respiratory Virtual Ward
Level 2
Torbay Hospital
TORQUAY
TQ2 7AA
01803 655199

✉ tsdft.respiratoryvirtualward@nhs.net

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.