Pulmonary Rehabilitation

The aim of the course is to provide a support system for the self-management of those with COPD, Asthma, Bronchiectasis or Pulmonary Fibrosis by reducing symptoms and restoring independence.

Patients receive an individual assessment by a Respiratory Nurse prior to acceptance onto the course and again upon completion.

We run 2 courses concurrently one is held on Mondays and Thursdays, 1.00pm to 3.00pm and the second course runs a Monday 2pm and Wednesday 3pm within the physiotherapy gym at South Tyneside Hospital. This includes one hour of exercise per session with a qualified nurse and physiotherapist, and then an education session with a range of topics and guest speakers.

The patient will be offered a referral to continue exercising under the exercise prescription scheme or given an exercise programme to use at home.

How to contact ARAS

The team can be contacted seven days a week 9.00am to 5.00pm, including bank holidays.

Our direct telephone number is 0191 404 1062

If no one is available to take your call then leave a message with your name, address and telephone number on the answer machine. Your call will be returned as soon as possible.

If your call is urgent then contact the hospital switchboard 0191 404 1000 and ask for bleep 826

We are committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public. This information can be made available in another format or language on request. For further copies of this leaflet please contact on telephone numbers above.

Information for Health Professionals

Providing a range of NHS services in Gateshead, South Tyneside and Sunderland.
**What is ARAS?**

ARAS (Acute Respiratory Assessment Service) has been well established at South Tyneside NHS Foundation Trust Hospital for the past 15 years. The team provides specialist respiratory care, advice and knowledge in both primary and secondary care.

ARAS is a nurse-led team consisting of Respiratory Nurse Specialists, Staff Nurse and a Health Care Assistant. The team has direct contact and accepts referrals from all members of the multi-disciplinary team and self-referrals from patients.

Effective integration of hospital and community services reduces hospital bed days and health care costs, through prevention of admission and early discharge.

The team will aim to facilitate patient care across both primary and secondary care. The ARAS team cares for patients over the age of 18 years who have a respiratory condition and are registered with a GP in the South Tyneside area.

**Early Assisted Discharge**

The ARAS team offers several different services, one of which includes Early Assisted Discharge Service.

The team is hospital-based and reviews patients who are admitted to hospital with an exacerbation of their respiratory condition. The ARAS team aims to support these patients who are able to be discharged early from hospital by providing individualised support in the community.

They will receive a full, individualised assessment. If they meet the criteria for Hospital at Home the patient will be offered an Early Assisted Discharge and will be seen at home by the team within 48 hours of discharge.

The patients continue to receive education and advice, monitoring and, where necessary, adjustments to treatments whilst in their own home.

**ARAS Respiratory Clinic**

Referrals for this clinic are accepted from all health care professionals who feel a patient with a respiratory condition needs further management, investigation or treatment.

Patients discharged from hospital under the Early Assisted Discharge Service are also reviewed approximately 4 to 6 weeks after to ensure resolution of their exacerbation.