

## Western General Hospital Assessment and Rehabilitation Centre (ARC)

### Services:

The ARC provides day hospital attendance for comprehensive assessment of frail older people. This is an outpatient service, which may involve one or several attendances, scheduled weekly. It is run between 9 - 4pm Monday to Friday. Patients attend for the whole morning, to early or mid afternoon (sandwich lunch provided) and return visits are scheduled as necessary.

Limited ambulance transport is available to and from appointments for those who need it.

Assessment/treatment for complex medical problems	<b>Available Resources :</b>
Specialist medical and nursing procedures e.g. blood transfusion, zolendronate infusion, leg ulcer treatment	Medical team
Crisis intervention to prevent hospital admission	Nursing team
Management of complex long term conditions e.g. heart failure, COPD, leg ulcers, Parkinson's disease	Physiotherapy
Falls assessment and prevention programme	Occupational therapy
Rehabilitation	Speech and language therapy
Supported discharge of hospital inpatients	Diagnostics e.g. Blood tests, Radiology: plain x-ray, ultrasound, CT , ECG, echocardiogram, 24 hour ambulatory ECG, pulmonary function testing, ABPI Doppler's, bladder scanning, 24 hour BP monitoring

**Consultants** Dr Jo Cowell, Dr Conor Maguire, Dr John Mair

**Speciality Doctor** Dr Inas Saad

### Who to refer

- Patients with acute reduction in mobility or function
- Frequent ( $\geq 2$  in 6 months) or unexplained falls
- Those for whom urgent Day Hospital attendance might avoid hospital admission
- Patients requiring medical AND nursing or AHP input
- Those with Parkinson's, stroke, osteoarthritis, osteoporosis and or mobility or multiple medical problems

### Who not to refer

Unstable clinical condition e.g.

- Acute stroke/TIA
- Suspected DVT or PE
- GI haemorrhage
- Chest pain/acute cardiac problems

Patients who are unable to participate in treatment or rehabilitation

Patients whose needs can be addressed by community services e.g. only requiring physiotherapy

Patients aged under 65 years (unless discussed with consultant first)

### How to refer:

#### Routine referrals

- SCI Gateway

#### Urgent referrals

- SCI Gateway
- For advice or discussion about urgent referrals, please contact the Consultant on call for MoE at

WGH:

- Geriatric Medicine Advice Hotline: 0131 465 9107 (08.30 - 16.30 M - F)
- Consultant on call for WGH MoE: 07815 493034
- Email: geriatricmed.north@nhslothian.scot.nhs.uk