

### What is Lite Touch?

A patient is provided with a personalised self management plan (example below) and pulse oximeter. This is given to them alongside the NHS Lothian self management plan and a symptom diary. The self management plan provided will prompt the patient to call a dedicated phone number (0131 537 9456) should their symptoms deteriorate. This is a 7 day service.

This service is not an emergency service and patients would be instructed to contact emergency and out of hours services if required.

**IF YOU ANSWER YES TO **2** OR MORE OF THE FOLLOWING QUESTIONS THEN PLEASE CALL **537 9456** BEFORE **12:00** MONDAY TO SUNDAY.**

Please leave a message with your name and contact number and we will get back in touch with you later today.

1. My oxygen saturations are below %	<b>Yes / No</b>
2. I have an increased chest tightness <u>than yesterday</u>	<b>Yes / No</b>
3. My sputum has increased in amount and darker in colour	<b>Yes / No</b>
4. I am more breathless <u>than yesterday</u>	<b>Yes / No</b>

### **EMERGENCY MEDICATION**

Antibiotic:

Steroid:

Salbutamol (blue) inhaler – 2 puffs x4/day and increase as required

### **OTHER CONTACT NUMBERS**

- GP:  
Tel:
- NHS 24: 111

Dear

Here is a bit of information to help you use LITE touch.

LITE touch is the name for the new way of monitoring you at home by the Community Respiratory Team (CRT).

We are here to help you manage your chest infections and help prevent hospital admissions.

You will NOT be bothering us if you call **537 9456** on the day you feel unwell and you will be contacted that same day.

We work 7 days a week including bank and public holidays.

If you fall ill at the weekend and have no antibiotics and steroids you DON'T have to wait till your GP opens on Monday we can help.

**We do not offer routine phone calls or visits. Therefore you will not be contacted by the CRT unless you have phoned us.** Please commit to checking your Lite Touch questions daily – don't give up because you haven't heard from CRT for a few months. If we don't hear from you, we assume you are well!

## **How to use LITE TOUCH and take your Emergency Medications**

- You have an oxygen monitor and survey to read every day.
- If you answer yes to 2 or more questions on the survey you should contact us, the Community Respiratory Team (CRT) on: **537 9456**.
- **537 9456** is an answer phone that is checked by the on call CRT physio every day and they will call you back that day.
- You do not need to leave a long message just your name and phone number if possible.