



Information for
patients and
carers

Home Outpatient Parenteral
Antimicrobial Therapy (H-OPAT)

What is Home Outpatient Parenteral Antimicrobial Therapy (H-OPAT)?

Patients who need a course of intravenous antibiotics for treatment of infection do not always need to stay in hospital. If they are clinically stable and able to cope at home, treatment as an outpatient can be safe and effective, and has become routine practice.

Many patients attend our hospital OPAT Clinics each day which are held at both Royal Preston Hospital (RPH) and Chorley District Hospital (CDH). Home OPAT (H-OPAT) is a service we offer in conjunction with district nursing teams in the Greater Preston and Chorley/South Ribble Clinical Commissioning Group (CCG) areas. It aims to facilitate OPAT for patients who would otherwise be too frail or immobile to attend daily clinic appointments.

Who decides if I should receive H-OPAT?

If the medical/surgical team looking after you think you are suitable for the service they will refer you to the OPAT Team. An OPAT specialist nurse will meet you and will liaise with your consultant and the consultant microbiologist to assess your eligibility for the service. The H-OPAT process will be fully explained and you can then decide whether it is something you would like to consider. Spaces on the H-OPAT service are limited and sometimes there may be a waiting list. If this is the case we will let you know and discuss other options.

Do I have to go on the H-OPAT Service?

If you choose not to go on the H-OPAT service, alternative options for your treatment will be discussed with you.

How is the antibiotic given?

The antibiotic is given into your vein through a small narrow flexible tube called a catheter or "line". The catheter is inserted into a vein using a needle. The needle is removed and the catheter is left in place and secured by a dressing.

There are different types of catheter available such as:

- Peripherally inserted central catheter (PICC)
- Port-A-Cath (TIVAD)
- Tunnelled line
- Midline

The one chosen for your treatment will depend on your veins, how long you will need the antibiotics for and the type of antibiotic you need. Most patients receiving treatment at home will have a type of line called a PICC (Peripherally Inserted Central Catheter). This will be inserted by the Central Venous Access Team (CVAT), and you will be discharged home with this in place.

Port-A-Cath (TIVAD)

If you have a Port-A-Cath the OPAT team will arrange for your port to have a needle inserted prior to starting H-OPAT. You will need to attend the Clinical Investigation Unit (CIU) at RPH or CDH once a week to have the needle changed. This will continue until you have completed your course of antibiotics. The OPAT team will arrange a date and time for the removal of this needle when your treatment is complete.

Caring for your line

- Make sure that your line is covered with a clear dressing and secured in place at all times. The less your line is able to move the less likely it is to become infected

- You should not need to touch your line however, if you do, make sure you have washed your hands first. This applies to anyone touching your line, including doctors and nurses
- Under no circumstances should you insert any substance into your line
- Immediately report any signs of swelling, tenderness, fever, pain or oozing from the exit site to the nursing staff using the contact numbers provided
- Immediately report any bleeding from the exit site. If there is only a small amount of bleeding, apply pressure to the exit site and contact us, using the numbers provided
- **If the bleeding is heavy or does not stop dial 999 for an ambulance to take you to the nearest hospital with an accident and emergency department**
- If the dressing gets wet, bacteria may enter the exit site or line and cause an infection, therefore be careful when taking a bath. Do not swim. You may shower, but we advise you to avoid the direct spray and pat dry with a clean towel afterwards. You may wish to purchase a waterproof protector (e.g. LimbO or Seal Tight) from your local Pharmacy to help protect your line while showering
- If your line moves, appears longer, or falls out, please contact us for advice on the telephone numbers provided
- We recommend that you do not take part in contact sports

Who will give me the antibiotics and care for my line?

A community nurse will visit you each day at home to give your antibiotics, check your observations, look after your intravenous line and take any blood samples required.

Usually the community nurse will visit in the morning, around the same time each day. However, this will depend on their other duties. If you are not going to be at home (e.g. to attend a hospital appointment) then it is

important that you let the community nurses know with as much notice as possible.

Will I still be reviewed by a doctor?

The consultant who refers you for H-OPAT will remain responsible for your overall care and will arrange follow up appointments for you as required. A consultant microbiologist will design an infection treatment plan for you. You will then be closely monitored by the OPAT team which includes consultant medical microbiologists, specialist nurses and an antimicrobial pharmacist.

Your case will be discussed each week in the OPAT multi-disciplinary team (MDT) meeting which includes the OPAT team and senior community nurses.

The OPAT team will phone you once a week to find out how you are doing, to answer any questions you may have, and to update you with the plan from the MDT. You will be given contact details for the OPAT specialist nurses so that you can contact us if needed.

Occasionally problems can occur which mean we may need to ask you to attend hospital. This may be to review you and/or to repeat a blood test urgently if there is an abnormality, or if there is a problem with your IV line which needs to be looked at by the Central Venous Access Team. Usually you will be asked to attend the Clinical Investigation Unit (CIU) at your nearest hospital.

Please note: if you use hospital transport but require an urgent (same day) review it may not be possible to arrange transport. Therefore you may need to make your own transport arrangements for this visit (see useful contact numbers below).

What are the benefits of the H-OPAT Service?

It will enable you to be at home in a comfortable and familiar setting rather than staying in the hospital. It can also allow you to maintain your independence and be with your family and friends.

What are the risks?

You will receive at least one dose of your antibiotic in a hospital setting to ensure you do not develop a severe reaction. Allergic reactions can occur with any medicine and therefore you should seek immediate medical attention if you develop any symptoms at home such as a rash, facial swelling or difficulty in breathing.

Occasionally the line can become blocked or an infection can develop. This is rare but if you have any problems or concerns, please discuss them with the nurse administering your antibiotic at home.

What happens if I feel unwell or have a problem or concern?

Some common things to look out for include the following:

- Rash
- Diarrhoea
- Fever, feeling hot/cold, high temperature
- Pain, redness or swelling around the IV line

During weekdays please speak to your community nurse who will contact the OPAT specialist nurse for further advice or you can contact the specialist nurses using the details below.

Out of hours, please call 111 for advice. In the event of an emergency please contact 999 or go to your nearest Emergency Department.

Useful contact details

OPAT Specialist Nurse:

Monday to Friday (8.30am to 4.30pm) Telephone: **01772 522105**
Out of hours please dial 111 for advice.

Central Venous Access Team (CVAT) Specialist Nurse:

Monday to Friday (8.30am to 4.30pm) Telephone: **01772 524781**

Preston CIU on Fell view OPAT Clinic:

Royal Preston Hospital - Clinical Investigation Unit (CIU) on Fellview, based in the Brock Assessment Unit. This is located towards the back of Preston hospital across from the Sharoe Green Unit.

Monday to Friday (from 8.30am to 4pm) Telephone: **01772 522960**

Saturday and Sunday (from 8.30am to 2.30pm) Telephone: **01772 522960**

Chorley CIU OPAT Clinic:

Chorley District Hospital - Clinical Investigation Unit (CIU) on Astley ward, level 3.

Monday to Friday (from 8.30am to 4pm) Telephone: **01257 245583**

Saturday and Sunday (from 8.30am to 1pm) Telephone: **01257 245583**

Transport

Hospital transport North West ambulance (NWS) patient transport service (PTS).

If you require hospital transport please telephone:
0800 0323240 (Monday to Friday 8am to 4pm)

Please note that not all patients are eligible to receive hospital transport for appointments; there are specific criteria that must be met. Please consider alternatives such as:

- Own transport
- Public transport
- Family or friends

Some patients may qualify for help with transport costs and enquiries can be made through the general office. Please ask the OPAT team if you need help with this.

www.nwas.nhs.uk/services/patient-transport-service-pts/alternative-transport North West ambulance service (Nwas) patient transport services have provided a link to a range of alternative transport organisations that can also be approached.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

Department of Health (2015) *The Health and Social Care Act 2008: Code of practice on the prevention and control of infections and related guidance*. London, Department of Health.

Chapman, A.L.N et al. (2019) Outpatient parenteral antimicrobial therapy: updated recommendations from the UK. *Journal of Antimicrobial Chemotherapy*, 74 (11), pp. 3125-3127.

Tice, A.D et al. (2004) Practice guidelines for outpatient parenteral antimicrobial therapy. *Clinical Infectious Diseases*, 38 (12), pp. 1651-1671.

Lancashire Teaching Hospitals is a smoke-free site.

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણ માં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi."

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

پوچھئے۔ یہ معلومات دوسری ضرورت ہے تو برائے مہربانی سمجھنے کے لیے مدد کی اگر آپ کو یہ معلومات بھی دستیاب ہو سکتی ہے زبانوں اور بڑی چھپائی میں

Arabic:

بأحرف مطبوعة المعلومات هذه توفير يمكن. تطلب أن يُرجى المعلومات هذه فهم في مساعدة تُريد كنت إذا أخرى وبلغات كبيرة

Department: Microbiology

Division: Diagnostics and Clinical Support

Production date: May 2021

Review date: May 2024

JR636 v1