

## REFERRAL PATHWAY

**For the ongoing ambulatory management of patients who have been discharged from the ED with a Primary Spontaneous Pneumothorax which has been either managed conservatively, or aspirated successfully.**

**For all patients** follow BTS guidelines and NHS Lothian Pleural Procedure Protocols at all times.

**Relative Contraindications to ambulation: (discuss with Resp SPR bleep 2832 if ambulating):**

- O<sub>2</sub> sats <94%
- Breathlessness
- Pneumothorax size >50% lung volume or >2cm at hilum following aspiration
- Any Secondary Spontaneous Pneumothorax

**In all patients:**

- Advise cannot fly until at least 1 week after complete pneumothorax resolution confirmed
- Advise can never scuba dive (unless definitive pleurectomy performed)
- Discuss smoking cessation and offer referral to Quit Your Way
- Offer nicotine replacement as appropriate

### **Once Emergency Department treatment performed**

- Clarify that plan for follow up in Ambulatory Care appropriate with ED Senior Doctor
- Complete EPR
- Ask ED or AMU reception to book patient into the Ambulatory Care Clinic in 2 weeks as a
  - NEW PNEUMOTHORAX patient.
- Advise patient of their appointment time and to attend reception in the Acute Medicine Unit at that time.
- Discharge with oral advice to return to the ED if chest pain, shortness of breath or feeling worse.
- Give patient Ambulatory Care Pneumothorax Information sheet below.

## Patient Information Leaflet

You are being investigated and treated for a Pneumothorax and the medical team looking after you have decided that you are well enough to go home and be followed up as an out-patient.

We would like you to return to the Acute Medical Unit Reception Area at 9am on / / where you will be seen in the Ambulatory Care Clinic.

You will be re-assessed then and have a repeat chest x-ray performed.

Please continue to take any other medications prescribed for you unless advised to stop them. Please be aware that you may spend some hours in the clinic and please bring an overnight bag in case you subsequently need hospital admission.

**You should attend the Emergency Department if you become more unwell after going home particularly if you have worsening shortness of breath or chest pain.**

**You can telephone for advice if you are unsure:  
Emergency Department - 0131- 2421300  
Acute Medical Unit - 0131- 2421422**