

Do you want to be able to identify & manage the early stages of infections?

Do you look after someone?

This is a new pilot to help you prevent the person you are caring for being ill with an infection that may progress resulting in an emergency admission to hospital.

Why is it important to identify & treat an infection?

Infections in people with long term conditions are very common and can have a major effect on health and independence. If identified early enough infections can often be simply treated without the need for hospital admission.

What is involved?

We will work with you to help you understand and take some basic health test information for the person you are caring for. We will train you to record these on a regular basis on simple web based software.

Why are we doing this?

We aim to help keep you and your 'loved one' healthier for longer and prevent hospital admissions to avoid problems including: -

- Increased confusion
- Changes in behaviour/increase in agitation
- Increased risk of falls
- Increased dependency
- Family distress
- Changes in care provision & medication

Why you?

You and/or your carer are the true expert. This Pilot will give you the extra 'tools' and knowledge you need to help you focus on those elements of your 'loved one's' long term condition that are treatable and can be safely controlled.

The benefits of this pilot include:

- Building confidence & expertise
- Improving your ability to talk to health professionals in a confident informed way
- Help you build a long term picture of data to provide valuable comparison

What will the training involve?

The training sessions will teach you how to carry out basic health monitoring with a simple step by step approach.

We will provide the basic equipment that helps you to identify and manage the early signs of an infection.

We will teach you to measure:

- Breathing rate
- Pulse
- Urine dip test
- Temperature
- upload the measurements onto a simple 'MiraLife' web-based system

Is this for me?

All you need at home is access to the internet and to be involved in the care of a friend or relative who is at risk of any type of infection.

Examples include:

- Urine Infections
- Chest Infections



MiraLife

Take control of your health

TRAINING SESSIONS

(you only need to attend one session)

Thurs 12th November '15 1:30-4:30pm

Tues 17th November '15 12-3:30pm

Northamptonshire Carers, 123 Midland Road,
Wellingborough, Northants, NN8 1LU

Tues 24th November '15 10:30am-1:30pm

Towcester Town Hall, 86 Watling Street
Towcester, NN12 6BS

Tue 1st December '15 12-3pm

SATRA Innovation Park, Rockingham Road
Kettering, NN16 9JH

Tues 8th December '15 10:30am-1:30pm

Abbey Centre, Overslade Close,
Northampton, NN4 0RZ

To take part you can register by:

- going to www.northamptonshire-carers.org
- completing a registration form (if you are attending a group or event)
- phoning the number below

**The contact for this project is
Louise Shaw tel 07785 335809**

Case Study and what Carers say...

“Last year Mum was admitted to hospital three times, each time with a urine infection and dehydration, I felt really guilty and felt that it was my fault that she had got so poorly. Each time she went into hospital we struggled to convince the nursing staff to take her dementia seriously and I don't think they listened to me when I tried to give those hints and tips on how to deal with the more challenging aspects of her illness.

Each time mum was discharged from hospital we had to learn how to deal with new and sometimes alarming problems such as new bowel incontinence.

My husband attended the MiraLife Training morning, which taught him how to do vital signs observations. So far we have spotted three times the early stage of a urine infection. The training has given me the courage to phone up and speak to the GP and explain that mum is becoming unwell.....

Mum's GP is really supportive and provides us quickly with antibiotics when needed. Mum has not been into hospital since we started this approach and I am sure that she would have been without it".....

Carer Nuneaton

“It wasn't until last week that I really appreciated the amazing benefit of doing this. I recognised a change in her and did her observations and then telephoned the GP... who agreed to a home visit where she prescribed her some antibiotics for a urine infection”.

Carer Nuneaton

“I was shown the MiraLife system and I found it really easy to do..... and Jackie (wife) is really fine with me doing it. I did find one infection and we got tablets quickly from our GP. What has been really useful also is me being able to think about my own health and spotting issues before they happen and so keeping me here looking after her”

Carer Nuneaton

