

Ambulatory Emergency Care

You have been transferred to the Ambulatory Emergency Care (AEC) unit for further investigation, treatment or observation of the medical problem you attended the Emergency Department with.



In transferring you to the AEC unit it is felt that there is a high chance that you will be able to be discharged today. The AEC is used in this situation as an alternative to admitting you to a hospital in-patient bed, which can have several benefits:

- If you are discharged from hospital, this will likely occur for you much quicker than had you been admitted to an in-patient ward
- It can reduce the demand on in-patient ward beds
- It can reduce the pressure on the Emergency Department

Most patients in your situation would otherwise have been admitted to one of these inpatient beds or have waited in the Emergency Department for an extended period.

While you are in the Ambulatory Emergency Care unit

During your time in the AEC unit there are staff on hand to assist you. They are there to ensure the required on-going management of your medical problem is undertaken.

This can include:

- Chasing up outstanding blood results
- Repeating blood tests (some require a second sample at a specified later time)
- Observing you for a required medical time period
- Ensuring a review from any required specialities takes place

The AEC unit is also intended to be more comfortable and relaxed than the busy Emergency Department. The staff will more than likely offer you a cup of tea/coffee and some food, but please do not hesitate ask if you require anything.

If you do require admission to hospital from the AEC unit this will be arranged as quickly as possible. If you are discharged then your GP will be notified of this.

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**Emergency Department
and Minor Injury Unit**
Patient information

Treating Pain

If needed, painkiller options include the following:

Paracetamol is usually recommended for painful sprains or strains.

Non-steroidal anti-inflammatory drugs (NSAIDs) relieve pain and may also limit inflammation and swelling. You can buy some types (eg, ibuprofen) at pharmacies, without a prescription either topically as a cream, or as tablets. **You should check the medication advice leaflet to ensure you are safe to take these i.e some patients with asthma or stomach ulcers may not be able to.**

If this does not help, you may need an additional stronger painkiller – such as codeine – you should discuss this with your pharmacist or GP.

Further Information

For further advice and information about your condition, please choose from the following:

- 'NHS Patient Choices' website: www.nhs.uk
- 'Making Lives Better' patient website: www.patient.info
- Telephone NHS 111
- Contact your General Practitioner

Contact details:

The James Cook University Hospital: 01642 850850
Marton Road, Middlesbrough, TS4 3BW

The Friarage: 01609 779911
Northallerton, North Yorkshire, DL6 1JG

Redcar Primary Care Hospital: 01642 511000
West Dyke Road, Redcar, TS10 4NW

To ensure we meet your communication needs please inform the Patient Experience Department of any special requirements, i.e. Braille/ Large Print.

T: 01642 835964

E: stees.patient.experience@nhs.net

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