South Eastern Sydney
Division of General Practice Ltd

EASY BREATHING (POWH) REFERRAL PROTOCOL

Identify suitable patients for referral

'Pulmonary Rehabilitation is indicated for patients with chronic respiratory impairment, who, despite optimal medical management, are dyspnoeic, have reduced exercise tolerance, or experience restriction in activities' Easy Breathing will take referrals for any chronic respiratory patients eg. asthma, bronchiectasis, COPD, interstitial lung disease (including pulmonary fibrosis, asbestosis, LAM), cystic fibrosis, lung cancer and any smoker/ex-smoker with >15 pack year smoking history and shortness of breath.

Discuss benefits of attending program with patient

- Improves breathlessness
- Improves fitness
- Increases mobility
- Increases energy
- Increases understanding of disease and how health care system can help
- Improves self management skills
- Improves quality of life

Refer patient to Easy Breathing Program

Referral forms can be obtained by contacting the Physio Department at POWH on 9382 2851, SESDGP on 9663 5958 or from the SESDGP website www.sesdgp.com.au

Resources/Local/Area Health Services under COPD

Referral forms should be returned to the Intake Officer, fax 9382 4627.

Easy Breathing will respond within 2 weeks to GP accepting patient

Explain to patient that there is usually a waiting period of 4 weeks before they will be contacted by Easy Breathing

The waiting period varies however priority is given to patients referred by GPs and specialists.

Easy Breathing will provide feedback to GP re patient progress on completion of program

Any enquiries by GPs mid program are welcome, contact Renae McNamara (respiratory physiotherapist and pulmonary rehab coordinator) on 9382 2851.