

## Referral

You can be referred to the Service by:

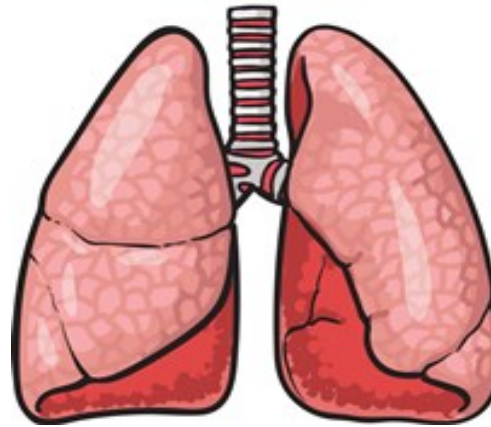
- Health professionals
- Your GP
- Respiratory specialist
- Other Hospitals
- Self referral

## Cost

No Charge for this Service.

The Respiratory Service is run by fully qualified staff who are aware of the impact of chronic airways disease on an individual's health.

Parents, relatives and/or carers are encouraged to attend appointments also.



### FOR MORE INFORMATION CONTACT:

**Department** | Community Rehabilitation Centre

**Address:** 58 McCrae Street, Swan Hill

**Phone:** (03) 50339321

**Email:** [crc@shdh.org.au](mailto:crc@shdh.org.au)

**Web:** [www.shdh.org.au](http://www.shdh.org.au)



**Scan here to  
self-refer**



# Respiratory Service

## Who is the service for?

The Respiratory Service is for people with breathing issues. These can include:

- Asthma
- Bronchiectasis
- Emphysema
- Chronic Bronchitis
- Interstitial Lung Disease eg. Pulmonary Fibrosis
- Other Respiratory conditions
- Oxygen dependence
- Pre/Post Lung transplant

## What do we offer?

Respiratory assessments are attended for each client, with the following services offered:

- Individual education appointments to support you with managing your condition
- Pulmonary Rehabilitation Group
- Asthma Education
- Spirometry

## Asthma Service

You will see our Respiratory Nurse who will provide you with:

- A comprehensive assessment
- Education and support for asthma management
- Discussion regarding asthma triggers
- A review of inhaler and spacer technique
- A review of asthma first aid



## Spirometry

A Spirometry test, or lung function test, measures how well your lungs are working, and whether a lung condition could be affecting your breathing. Spirometry tests are not usually performed on children under 6 years old.

## Pulmonary Rehabilitation

Pulmonary Rehabilitation is an 8 week exercise and education program. It aims to provide individuals with the ability to understand and manage their chronic airways condition, also improving confidence to continue leading active and fulfilling lives.

The Education sessions include:

- **RESPIRATORY NURSE:** *How the lungs work, managing your lung condition, medications, advance care planning*
- **EXERCISE PHYSIOLOGY:** *Importance of exercise for people with lung conditions, breathing techniques for shortness of breath*
- **SPEECH PATHOLOGY:** *Voice care/dry mouth and issues with swallowing*
- **COUNSELLING:** *Lifestyle changes and emotional responses*
- **OCCUPATIONAL THERAPY:** *Relaxation, energy conservation and how to reduce stress.*
- **DIETICIAN:** *Healthy eating for people with lung conditions*