### Pulmonary Rehabilitation Program

This program aims to assist people with lung disease to self-manage their condition and maintain health and fitness. The program is run by physiotherapists and exercise physiologists.

<table>
<thead>
<tr>
<th>Categories for Appointment</th>
<th>Clinical description</th>
<th>Timeframe for Appointment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Category 1 - Urgent</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Category 2 - Routine</td>
<td>All referrals</td>
<td>Approximately 4-8 weeks</td>
</tr>
<tr>
<td>Emergency</td>
<td>N/A</td>
<td>Immediate via Emergency Department</td>
</tr>
</tbody>
</table>

### Eligibility Criteria

Must have had recent lung function test (within 12 months)

### Exclusions

Patient not interested in self-management

### Alternative Referral Options

N/A

### Clinic Information

- Tuesday and Thursdays - times vary depending on location
- Locations-
  - **Mornington:**
    - 62 Tanti Avenue, Mornington
  - **Frankston:**
    - Frankston Integrated Health Centre,
    - Hastings Road, Frankston
  - **Hastings:**
    - 185 High street, Hastings
  - **Rosebud:**
    - Rosebud Community Health
    - Braidwood Ave, Rear of Rosebud Hospital
  - **Chelsea:**
    - Church of Christ,
    - 3-5 Blantyre Ave, Chelsea
- Referral via ACCESS phone: 1300 665 781
- ACCESS fax: 9787 9954

(Where there is a need to contact ACCESS in relation to faxed referrals please phone 9788 1377 directly)
## Minimum Referral Information Required

(Please note, cannot be processed if minimum information is missing)

- **Self-referrals (with supporting GP information)**
  - Referring practitioner name, provider number and signature.
  - Date of referral
  - *Period for which referral is valid (if different to standard referral validity)*
  - Patient’s name, address, date of birth, Medicare number and phone number.
  - Clinical details and reason for referral.
  - Relevant medical history
  - Medications
  - Allergies
  - Results of all recent and relevant investigations

## Other Information

### About Pulmonary Rehabilitation Program
- Run by Physiotherapist and Exercise Physiologist
- Six week program
- Two sessions per week
- Each session includes 1 hour of safe gentle exercise
- 1 hour of education
- Costs $70 for the six weeks