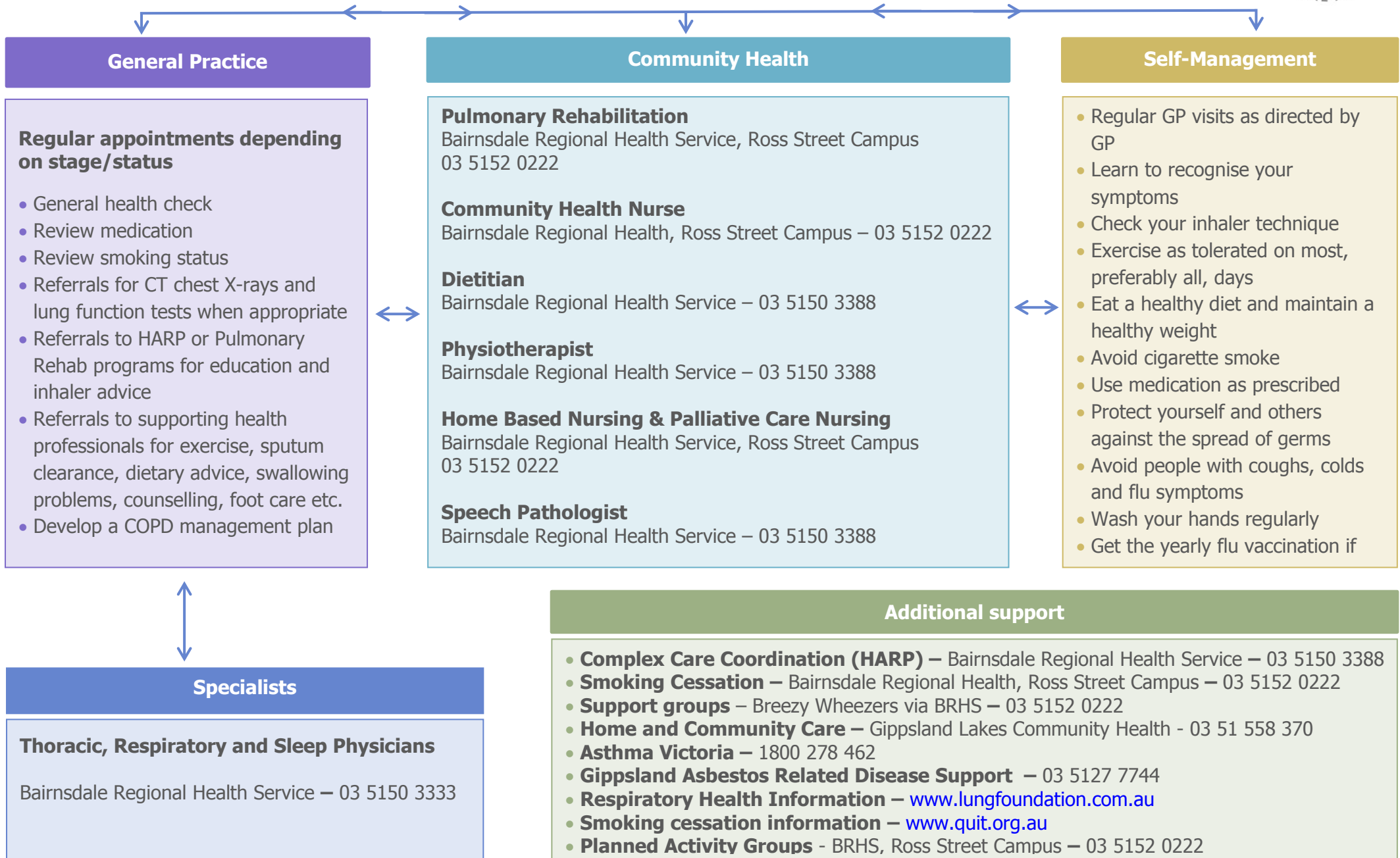


Bairnsdale Care Pathway

Chronic Obstructive Pulmonary Disease (COPD) cycle of care



General Practice

Regular appointments depending on stage/status

- General health check
- Review medication
- Review smoking status
- Referrals for CT chest X-rays and lung function tests when appropriate
- Referrals to HARP or Pulmonary Rehab programs for education and inhaler advice
- Referrals to supporting health professionals for exercise, sputum clearance, dietary advice, swallowing problems, counselling, foot care etc.
- Develop a COPD management plan

Community Health

Pulmonary Rehabilitation

Bairnsdale Regional Health Service, Ross Street Campus
03 5152 0222

Community Health Nurse

Bairnsdale Regional Health, Ross Street Campus – 03 5152 0222

Dietitian

Bairnsdale Regional Health Service – 03 5150 3388

Physiotherapist

Bairnsdale Regional Health Service – 03 5150 3388

Home Based Nursing & Palliative Care Nursing

Bairnsdale Regional Health Service, Ross Street Campus
03 5152 0222

Speech Pathologist

Bairnsdale Regional Health Service – 03 5150 3388

Self-Management

- Regular GP visits as directed by GP
- Learn to recognise your symptoms
- Check your inhaler technique
- Exercise as tolerated on most, preferably all, days
- Eat a healthy diet and maintain a healthy weight
- Avoid cigarette smoke
- Use medication as prescribed
- Protect yourself and others against the spread of germs
- Avoid people with coughs, colds and flu symptoms
- Wash your hands regularly
- Get the yearly flu vaccination if



Specialists

Thoracic, Respiratory and Sleep Physicians

Bairnsdale Regional Health Service – 03 5150 3333

Additional support

- **Complex Care Coordination (HARP)** – Bairnsdale Regional Health Service – 03 5150 3388
- **Smoking Cessation** – Bairnsdale Regional Health, Ross Street Campus – 03 5152 0222
- **Support groups** – Breezy Wheezers via BRHS – 03 5152 0222
- **Home and Community Care** – Gippsland Lakes Community Health - 03 51 558 370
- **Asthma Victoria** – 1800 278 462
- **Gippsland Asbestos Related Disease Support** – 03 5127 7744
- **Respiratory Health Information** – www.lungfoundation.com.au
- **Smoking cessation information** – www.quit.org.au
- **Planned Activity Groups** - BRHS, Ross Street Campus – 03 5152 0222