

NAME OF SERVICE	Pulmonary Rehabilitation Gym	
ADDRESS	126 Kareena Road	
CITY	MIRANDA	
STATE	NSW	
POSTCODE	2228	
TELEPHONE	(02) 9540 7956 (Intake)	
FAX	(02) 9540 7869	
DESCRIPTION OF SERVICE	<p>An 8-week, twice a week multidisciplinary group gym exercise and education program to improve exercise capacity and quality of life, and to enable self-management, for people with chronic respiratory disease and for people prior to and post lung surgery/transplant.</p> <p>Oxygen may be provided in the gym for exercise if needed.</p>	
REFERRAL CRITERIA	<p>A client that:</p> <ol style="list-style-type: none"> 1. Is a resident of the Sutherland Shire 2. Has a chronic respiratory condition, is for lung surgery or has had recent lung surgery 3. Has the ability to follow instructions 4. Has the ability to use some gym equipment 5. Is motivated to continue independent exercise regime at home <p><u>Exclusion Criteria:</u></p> <ol style="list-style-type: none"> 1. Severe cognitive impairment 2. Blind 3. Infection that places other participants at risk 4. People unable to walk independently (with or without walking aid) 5. If modified exercise is likely to exacerbate conditions 6. Has completed the program within the last 2 years 	
HOW TO REFER	<p>Mark attention Pulmonary Rehabilitation.</p> <p>Referrals accepted from any healthcare provider.</p> <ol style="list-style-type: none"> 1. Electronic Medical Record (eMR) referral (TSH) to Southcare Community 2. Fax an Access and Referral Intake Form to (02) 9540 7869 or scan and email to SESLHD-SouthCareIntake@health.nsw.gov.au. 	
IS THERE A WAITING LIST	Yes	
WAITING LIST DETAILS	<p>A prioritisation tool is utilised to triage referrals. Priority is given to clients with a recent history of lung surgery or hospital admission for COPD exacerbation, or for lung surgery/transplant work up.</p> <p>Those who have completed the program within the last 2 years will not be accepted.</p>	
HOURS/DAYS OF OPERATION	Assessments run via telehealth & clinic	Clinic days: Wednesday & Thursday
	Exercise groups run 11:30-3:30pm	Tues & Fri
APPROXIMATE COST	<p>Donations towards gym equipment are welcome.</p> <p>Limited bus transport to and from the outpatient gym is available for residents of the Sutherland Shire at a cost of \$5 per session.</p>	