

NAME OF SERVICE	Sutherland Heart And Lung Team (SHALT)	
ADDRESS	126 Kareena Road	
CITY	MIRANDA	
STATE	NSW	
POSTCODE	2228	
TELEPHONE	(02) 9540 7956 (Intake)	
FAX	(02) 9540 7869	
DESCRIPTION OF SERVICE	The SHALT is a community based multidisciplinary team that provides home monitoring, specialised education and outpatient gym or home-based exercise programs to people with chronic heart failure, chronic cardiac disease and pulmonary hypertension, who live in the Sutherland Shire. A multidisciplinary client assessment and goal development plan is attended to on referral.	
REFERRAL CRITERIA	<p>The client has chronic heart failure, chronic cardiac disease or pulmonary hypertension, and requires one of the following services:</p> <ol style="list-style-type: none"> 1. The client requires monitoring and education to enable self-management of their chronic heart failure, chronic cardiac disease or pulmonary hypertension, 2. The client would benefit from undertaking a supervised rehabilitation exercise program in an outpatient gym setting or home-based setting, to improve their exercise capacity and quality of life. <p><u>Exclusion Criteria:</u></p> <ol style="list-style-type: none"> 1. People who reside in aged care facilities. 2. People who reside outside the Sutherland Shire. (Exemption for clients willing to participate in the hospital outpatient gym program). 3. Gym: people who require constant 1:1 supervision e.g. high falls risk, blindness, unable to follow instructions. 	
HOW TO REFER	<p>Mark attention SHALT. 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 Access and Referral Form to (02) 9540 7869 or scan and email to SESLHD-SouthCareIntake@health.nsw.gov.au 	
IS THERE A WAITING LIST	No	
WAITING LIST DETAILS	<p>A prioritisation tool is utilised to triage referrals. URGENT referrals are seen within 48 to 72 hours. NON-URGENT referrals are seen within 1 to 2 weeks.</p>	
HOURS/DAYS OF OPERATION	8.00am – 4:30pm	Monday to Friday
APPROXIMATE COST	<p>Donations towards gym equipment are welcome. 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>	