### Sutherland Heart And Lung Team | SHALT

**ADDRESS**
126 Kareena Road

**CITY**
MIRANDA

**STATE**
NSW

**POSTCODE**
2228

**TELEPHONE**
(02) 9540 7046

**FAX**
(02) 9540 7869

**DESCRIPTION OF SERVICE**
The Sutherland Heart and Lung Team is a community based multidisciplinary team that provide home monitoring, specialised education and gym 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**
Clients suitable for referral to the Sutherland Heart and Lung team reside in the Sutherland Shire catchment area.

- The client is at risk of admission to hospital due to unstable chronic heart failure, chronic cardiac disease or pulmonary hypertension and requires one of the following services:
  1. The client requires home 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 and educational sessions to improve their chronic heart failure, chronic cardiac disease or pulmonary hypertension self-management.
  3. The client is previously known to SHALT or the Southcare pulmonary rehab program and requires a booster gym program post hospitalisation deconditioning related to their chronic respiratory conditions, chronic heart failure, chronic cardiac disease or pulmonary hypertension.

**Exclusion Criteria:**
1. **Clients who reside in aged care facilities**
2. **Clients who reside outside the Sutherland Shire unless private transportation can be arranged.**

**HOW TO REFER**
General Practitioners, staff specialists, Southcare staff and Sutherland Hospital staff can refer.

- Specialist consent will be sought for the gym program.

The GP must complete an [Access and Referral Form](#).

1. Electronic Medical Record (eMR) referral (TSH)
2. Fax an [Access and Referral Form](#) to (02) 9540 7869 or scan and email to [SESLHD-SouthCareIntake@health.nsw.gov.au](mailto:SESLHD-SouthCareIntake@health.nsw.gov.au)

**IS THERE A WAITING LIST**
No

**WAITING LIST DETAILS**
URGENT referrals are seen within 48 to 72 hours. NON URGENT referrals are seen within 1 to 2 weeks.

**HOURS/DAYS OF OPERATION**
7.30am – 4:00pm Monday to Friday

**APPROXIMATE COSTS**
No charge for home monitoring.

Bus transportation has a suggested donation of $5.00 to and from the gym.

Donations towards gym sessions are welcome.