

NAME OF SERVICE	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	<p>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.</p>	
REFERRAL CRITERIA	<p>Clients suitable for referral to the Sutherland Heart and Lung team reside in the Sutherland Shire catchment area.</p> <p>The client is at risk of admission to hospital due to 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 a clinical setting 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 due to deconditioning relating to their chronic respiratory conditions, chronic heart failure, chronic cardiac disease or pulmonary hypertension. <p><u>Exclusion Criteria:</u></p> <ol style="list-style-type: none"> 1. <i>Clients who reside in aged care facilities</i> 2. <i>Clients who reside outside the Sutherland Shire</i> 3. <i>Clients living with cognitive Impairment</i> 4. <i>Clients who require constant 1:1 supervision e.g. high falls risk, blindness, unable to follow instructions</i> 	
HOW TO REFER	<p>General Practitioners, staff specialists, and Sutherland Hospital staff can refer. Implied consent for supervised rehabilitation exercise program on referral. Must complete an Access and Referral Form</p> <ol style="list-style-type: none"> 1. Electronic Medical Record (eMR) referral (TSH) or 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, however priority is given to newly diagnosed CCF	
WAITING LIST DETAILS	<p>URGENT referrals are seen within 48 to 72 hours. NON URGENT referrals are seen within 1 to 2 weeks.</p>	
HOURS/DAYS OF OPERATION	7.30am – 4:00pm	Monday to Friday
APPROXIMATE COSTS	<p>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.</p>	