

Cost and Referrals

What does it cost?

Murray Primary Health Network provides funding for the clinical program.

Referrals

- Ask your GP to arrange a referral to us
- You may be referred to the program following discharge from hospital
- Referrals can be emailed to admin@scchc.org.au or faxed to 5422 2161


Please include a medical summary with a list of current medications.


Supported by Murray Primary Health Network


phn
MURRAY

An Australian Government Initiative

Contact Us

 5421 1666 - Kyneton

 admin@scchc.org.au

 www.sunburycobaw.org.au

 1 Caroline Chisholm Drive, Kyneton

**SUNBURY
COBAW**  **COMMUNITY
HEALTH**

SUNBURY & THE MACEDON RANGES

Pulmonary Exercise and Education



Scan the QR Code with your mobile device to send us feedback on any of our services:



Program Details

Pulmonary Rehabilitation

A tailored exercise and education program that teaches the skills needed to exercise safely and to manage breathlessness. It is suitable for people with all lung conditions including:

- Chronic obstructive pulmonary disease (COPD)
- Bronchiectasis
- Emphysema
- Post-pulmonary embolism syndrome
- Pulmonary hypertension
- Lung cancer
- Respiratory infections (pneumonia, bronchitis and tuberculosis)
- Interstitial lung disease (pulmonary fibrosis)
- Chronic cough, asthma or bronchitis



Pulmonary Rehabilitation

Education sessions include:

- How the lungs work
- Medicines - what they do, and how to use them
- Exercise and how it can help improve your symptoms
- Nutrition and living well with your conditions
- Energy conservation
- Airway clearance
- Managing breathing issues

You are welcome to bring a family member or friend to the education sessions.

Location

1 Caroline Chisholm Drive Kyneton (enter via hospital car park)



Program Details

Guest Presenters

The program is provided by a multidisciplinary team based on the Lung Foundation Australia guidelines and is tailored to your individual needs.

Guest presenters include:

- Pulmonary Health Nurse
- Physiotherapist
- Dietician
- Occupational Therapist

Programs run for eight weeks with both individual reviews and group exercise and education sessions.

Day/Time

Tuesdays at 1.30pm

www.lungfoundation.com.au