



# Respiratory Care

*Supporting individuals in treatment and self-management of their respiratory care, effectively and to optimise outcomes.*

Respiratory nurses work closely with patients of all ages to address respiratory health issues. This typically involves one on one client assessments, physical examinations, reviewing patient medical histories, monitoring and recording vital signs and discussing symptoms. Support is provided to assist clients to better manage their respiratory condition in coordination with the client's GP.

## **Who is it for?**

People with or at risk of developing a chronic lung condition, with respiratory symptoms such as shortness of breath, a persistent cough or wheeze, that need investigating.

## **Services**

- Assessment and medical history reviews
- Lung function testing
- Review use of any respiratory devices and assist where necessary
- Individualised education about your respiratory health and management
- Self-management plans
- Ongoing support with monitoring and management

The clinics provide one-on-one care to clients, including a thorough Respiratory assessment, review of medical history and medications. You can be assisted to better self-manage your respiratory condition. Treatment & lifestyle choices can be discussed, how to use your medicines effectively and safely, and ensure you have a better understanding of your condition and know what to do in case of worsening symptoms.

## **How to access:**

If you would like to have a consultation with our Respiratory Nurse, make an appointment with your GP and ask for a referral to Country & Outback Health. After getting a referral from your doctor, you will be offered a 1-hour initial appointment and ongoing support as you need.

## **Locations:**

Elliston, Streaky Bay, Cleve, Kimba, Wudinna, Eyre Peninsula locations as required