Baw Baw Shire Care Pathway
Chronic Obstructive Pulmonary Disease (COPD) cycle of care

**General Practice**
- Regular appointments depending on stage/status
  - General health check
  - Review medication
  - Review smoking status
  - Referrals for CT chest X-rays and lung function tests when appropriate
  - Referrals to HARP or Pulmonary Rehab programs for education and inhaler advice
  - Referrals to supporting health professionals for exercise, sputum clearance, dietary advice, swallowing problems, counselling, foot care etc.
  - Develop a COPD management plan

**Community Health**
- **Pulmonary Rehabilitation**
  - Gippy Gaspers - 8 week education program
  - West Gippsland Healthcare Group - 5623 0611
- **Hospital Admission Risk Program (HARP)**
  - For ongoing management
  - West Gippsland Healthcare Group - 5622 6411
- **Dietitian**
  - West Gippsland Healthcare Group - 5624 3548
- **Physiotherapist**
  - West Gippsland Healthcare Group - 5624 3548
- **District Nursing**
  - West Gippsland Healthcare Group - 5623 0627
- **Speech Pathologist**
  - West Gippsland Healthcare Group - 5624 3548
- **Counselling**
  - West Gippsland Healthcare Group - 5624 3500

**Self-Management**
- Regular GP visits as directed by GP
- Learn to recognise your symptoms
- Check your inhaler technique
- Exercise as tolerated on most, preferably all, days
- Eat a healthy diet and maintain a healthy weight
- Avoid cigarette smoke
- Use medication as prescribed
- Protect yourself and others against the spread of germs
- Avoid people with coughs, colds and flu symptoms
- Wash your hands regularly
- Get the yearly flu vaccination if advised by your GP
- Keep in touch with friends

**Specialists**
- **General, Thoracic, Respiratory and Sleep Physicians**
  - Central Clinic - 5622 3377
  - Maryvale Private Hospital - 5132 1289 / 5132 1200
  - Latrobe Regional Hospital - 5173 8511
  - Monash Medical Centre Clayton - 9594 2552

**Additional support**
- **HARP** - West Gippsland Healthcare Group - 5623 0611
- **Exercise & Support Group** - Puffing Billies, West Gippsland Healthcare Group - 5624 3548
- **Home and Community Care** - Baw Baw Shire Council - 5624 2411
- **Gippsland Asbestos Related Disease Support (GARDS)** - 5127 7744
- **Smoking Cessation Information** - [www.quit.org.au](http://www.quit.org.au)
- **Asthma Victoria** - 1800 278 462