

COMMUNITY HEALTH SERVICES ► REFERRAL PATHWAYS

GP EXERCISE REFERRAL SCHEME

Service provider	GP Exercise Referral Scheme
Organisation Name	Sutherland Shire Leisure Centres
Role	Exercise Physiology
Services provided by organisation or individual	<ul style="list-style-type: none">• Initial one-to-one fitness & lifestyle assessment and exercise prescription with an Exercise Physiologist• 10 exercise sessions• Follow-up one-to-one fitness & lifestyle assessment with an Exercise Physiologist• Report on patient outcomes and suggested maintenance forwarded to GP• Patient offered reduced membership options for continued physical activity
Location of service	<ul style="list-style-type: none">• Sutherland Shire Leisure Centre – Rawson Pde, Sutherland• Engadine Leisure Centre – Anzac Ave, Engadine
How to refer?	GP must complete the recommended referral form available from the Division website www.shiregps.org.au Patients make and appointment for initial consultation and bring referral form to first appointment
Costs associated with referral	Total cost \$90.00 1 x services can provided for eligible patients under a Medical Team Care Arrangements
Waiting list time	Approx 2 – 4 weeks

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SUTHERLAND SHIRE HACC DEVELOPMENT OFFICER

Service provider	Melinda Paterson
Organisation Name	Sutherland Shire HACC Development Officer (HACC DO)
Role	Southern Community Care Development
Services provided by organisation or individual	The HACC Development Officer (HACC DO) supports Home and Community Care (HACC)-funded organisations individually and as a group, known as the Sutherland Shire Community Care Forum, with issues relating to HACC planning, funding and promotion. She also works with the broader network of community care services that support frail aged and disabled Shire residents to remain safely in their own homes and be active members of their community, provides orientations for new workers and maintains the HACC services' website, which is a part of Southern Sydney Community Care Intranet (www.ssccl.org.au), as well producing and distributing HACC brochures to the general public, guest speaking duties etc.
Location of service	Stapleton Ave Community Centre, 3a Stapleton Ave, SUTHERLAND (appointment only, no drop-ins please)
How to refer?	Phone 9542 6244 or email info@sccd.org.au (we give information only, no case management of clients)
Costs associated with referral	None
Waiting list time	<ul style="list-style-type: none">▪ N/A (but delays in response times due to out-of-office meetings etc)▪ Commonwealth Carelink also has a data base of HACC and HACC-like services – 1800 052 222

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DIABETES EDUCATION CENTRE SUTHERLAND HOSPITAL

Service provider	Therese Ermers
Organisation Name	Diabetes Education Centre, The Sutherland Hospital
Role	Senior Dietitian
Services provided by organisation or individual	<ul style="list-style-type: none">▪ Provide dietary education and support for individuals with diabetes (Type 1, Type 2, Gestational Diabetes Mellitus and diabetes in pregnancy). See clients 16 years and over.▪ Clients are all seen by a Diabetes Educator prior to seeing dietitian.▪ Elena Cable – Clinical Nurse Consultant▪ Christine Genoud-Lawton – Clinical Nurse Specialist▪ Julie Gale – Clinical Nurse Specialist▪ Sandra Hall – Registered Nurse▪ High Risk Podiatry Clinic Bridget Zammit – Podiatrist Carol Nguyen – Podiatrist
Location of service	The grounds of Sutherland Hospital (at the back, entry opposite the staff carpark).
How to refer?	Referral letter and copy of recent pathology. Clients are prioritised on the basis of their blood sugar levels. It's a good idea to fax referrals to 9540-8106. Ask the client to ring us on 9540-7841.
Costs associated with referral	Nil. Clients will be given a blood glucose monitoring machine when they see the educator.
Waiting list time	1-2 weeks (unless urgent in which case we would reschedule someone else if necessary)
Other comments	All clients are seen individually. We no longer see clients with impaired glucose tolerance or impaired fasting glycaemia.

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SOUTHCARE - SUTHERLAND HEART & LUNG TEAM SUTHERLAND HOSPITAL

Service provider	Sutherland Heart and Lung Team (SHALT)
Organisation Name	Southcare, Sutherland Hospital
Role	Provide specialist home based and rehabilitation support for clients who live in the Sutherland Shire with chronic heart or chronic lung problems that put them at risk of an unplanned presentation to hospital. Clients and/or their carers need to be cognitively able to follow a health action plan and participate in self management training for their chronic condition(s). Exercise rehabilitation in the home, gym or community is offered for suitable clients.
Services provided by organisation or individual	Sutherland Heart and Lung Team (SHALT) – multidisciplinary staff – nurses, accredited exercise physiologists and physiotherapists. Team approach to care will provide education and support for clients and their carers to self manage their chronic cardiac and chronic respiratory diseases to achieve better symptom control. Carer support provided through home and group education sessions on a monthly basis. CALD carers and clients welcome – education materials available in many community languages.
Location of service	Home and hospital/clinic based service available.
How to refer?	Use the Southcare fax 02 9540 7869 and complete the forms on Medical Director or the Central Intake form for Southcare. Please request what services are required and attach relevant diagnostic and care planning information. For urgent referrals send fax and then call 02 9540 7046 for SHALT nurse.
Costs associated with referral	Nil
Waiting list time	By clinical need – prioritised on referral – urgent cases can be seen by SHALT staff Mon to Fri please call 9540 7046.
Other comments	Our area also has a Respiratory Co-ordinated Care Program (RCCP) for acute respiratory management in the home for chest infections, Pulmonary emboli and regular home support for people with severe COPD. Call nurse for 7 day service on 0428 977 974

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SOUTHCARE - DIVISION OF AGED & EXTENDED CARE
SUTHERLAND HOSPITAL

Service provider	Southcare Dietetic Service
Organisation Name	Southcare - Division of Aged and Extended Care
Role	<ul style="list-style-type: none"> ▪ Provide individual assessment and nutrition education for referred clients ▪ Group education ▪ Training and education for HACC funded groups
Services provided by organisation or individual	<p>Housebound clients who are frail elderly and younger people with a disability can be referred by GP for:</p> <ul style="list-style-type: none"> ▪ Malnutrition/risk of malnutrition ▪ Enteral feeding, PEG, NG tube feeding ▪ Dysphagia/modified diet and fluids ▪ Nutrition related conditions such as diabetes, cancer, gastrointestinal problems ▪ Chronic conditions for which nutrition intervention can impact health outcomes, such as respiratory disease and non-healing wounds ▪ Obesity, if quality of life is compromised
Location of service	The Sutherland Hospital and Community Health Centre Southcare- Division of Aged and Extended Care
How to refer?	By calling Southcare intake officer on 95407956 or fax Southcare intake referral to 95403869
Costs associated with referral	Nil
Waiting list time	Varies depending on the number of referrals in a given month. Referrals are prioritised according to clinical risk
Other comments	Referral criteria includes housebound frail elderly or younger with a disability. Patients need to be aware of and agree to dietetic intervention and also be able to understand and comply with self management plans (or have a carer who can do so).