

Pulmonary Long-Term Management Programme

For enquiries: 06 878 8109

How to refer

1. GPs and practice nurses can refer through MedTech32 software. Go to Outbox, then click on “new” (the first button to the left), then type “community nursing” into the search field.
2. OR by sending this referral form by email to pulmonarymanagement@hbdhb.govt.nz OR by fax to **06 878 1310**
3. OR cc Sara Mason on a patient’s discharge summary from the acute ward

Pulmonary Long-Term Management Programme is...

- made up of pulmonary rehabilitation – the treatment of choice for COPD – consisting of exercise and patient education.
- run locally in Wairoa by Kahungunu Executive
- funded and supervised by Hawkes Bay DHB
- available for free to anyone in Wairoa with COPD regardless of severity. Any healthcare professional in Wairoa can refer patients by emailing or faxing [this](#) referral form.

What does programme involve?

- a comprehensive and individual one to one assessment prior to beginning the programme
- categorising patients into low-severity; medium-severity; or, high-severity groups.
- 1 hour of patient education and 1 hour of supervised exercises per week for 10 weeks, including home visits for patients in the high-risk group
- Ongoing support
- Reassessment at the end of the programme.

Who can refer?

Any healthcare professional in the Wairoa region can refer patients.

You can refer anyone who has

- COPD (spirometry result = FEV1 <80% of predicted and FEV1/FVC ratio <70%); OR
- A diagnosis of restrictive or obstructive disease, ideally with lung function test; OR
- A diagnosed respiratory disease with upcoming surgery which will require breathing control or anaesthesia.

Do not refer anyone who has...

- Had a myocardial infarction within the last 4 weeks; OR
- Unstable angina; OR
- Uncontrolled hypotension or hypertension; OR
- Had cataract surgery within the last four weeks.

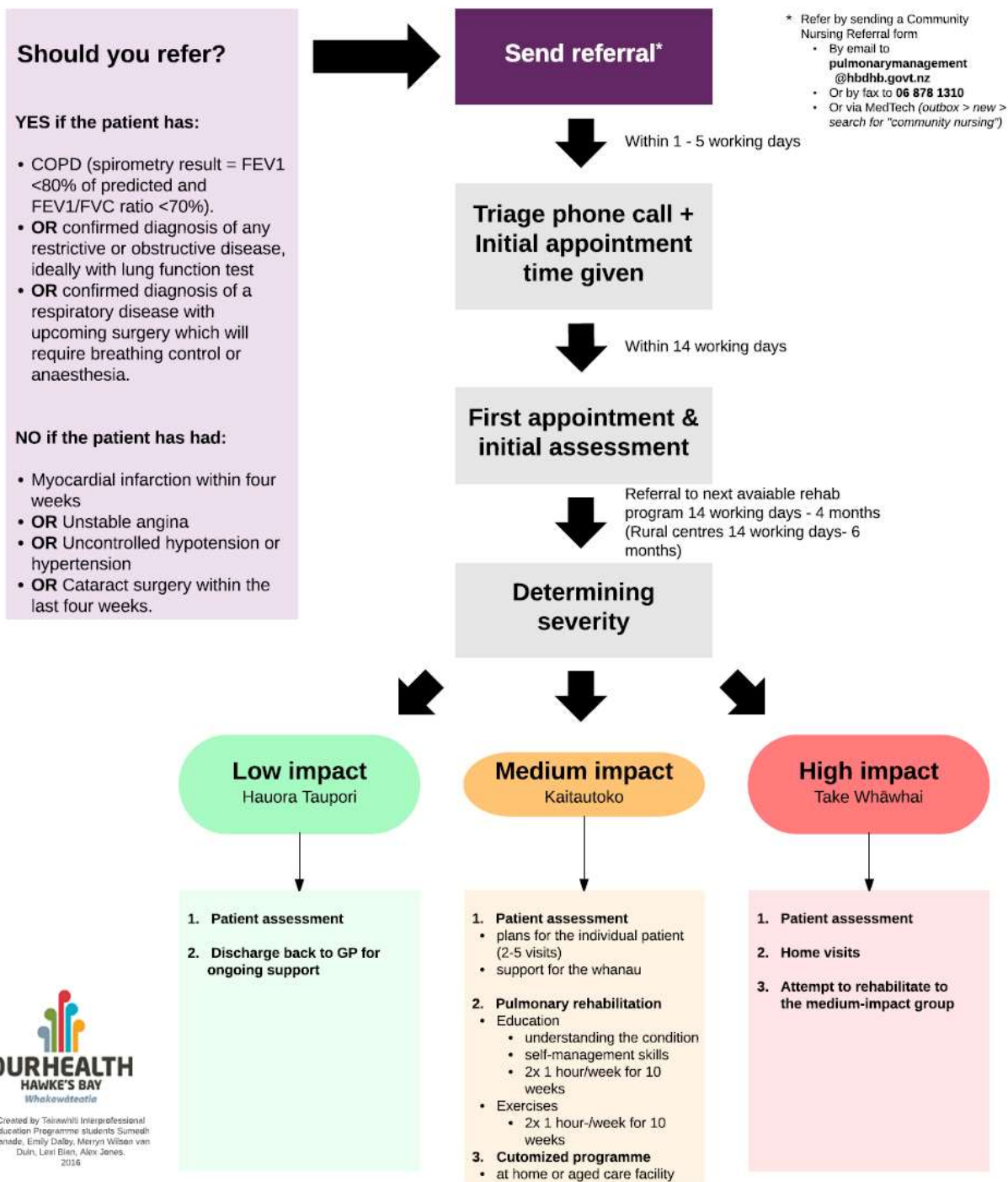
Patient information needed for referral

1. Spirometry results
2. COPD Assessment Test (CAT) score ([PDF](#))
3. mMRC dyspnea score ([PDF](#)), or BORG score ([PDF](#)).

Referral pathway

You can use [this](#) referral pathway to explain to the patient what they can expect and when once they are referred.

Referral Pathway for the Pulmonary Long-Term Management Programme



Resources:

- [Referral form](#)
- [BORG score](#)
- [CAT score](#)
- [mMRC score](#)
- Step-by-step guide for GPs and Practice Nurses on using MedTech to refer
- [DHB policy for this programme](#)
- [Living with COPD](#)[Asthma Foundation]
- [How Physio can help COPD](#) [Physiotherapy New Zealand]