

This leaflet provides information about the Better Breathing Wellness Clinic (BBWC) at Springs Medical. Please speak to your General Practitioner (GP) or one of the Wellness Nurses for further details.

Do you have Asthma or another lung condition that has lasted 6 months or longer? Do you want to improve your skills at managing your own lung health? Then speak to your GP about our new Better Breathing Wellness Clinic.

### What is the Better Breathing Wellness Clinic?

The Better Breathing Wellness Clinic is a dedicated Wellness Clinic which focuses on improving management of chronic lung conditions such as Asthma. A chronic condition is a condition that is expected to last for at least 6 months or longer.

The Better Breathing Wellness Clinic will allow you to spend time with a Wellness Nurse specialist and your GP to focus on Better Breathing. The Better Breathing Wellness Clinic provides a dedicated assessment of your lung capacity, any challenges you may be facing with your health, tailored education and advice, medication use including inhaler/puffer techniques, tools, tips and advice to help you manage your lung condition.

### Aims of the clinic:

- To increase your confidence and support you to manage your lung condition
- To help you increase your knowledge about your lungs and how to look after them well
- To ensure you have an up to date action plan and know how to use it
- To improve your quality of life
- To keep you out of hospital

### Initial Assessment:

The comprehensive initial assessment will be booked for 45 minutes with the Wellness Nurse followed by 10 minutes with the GP.

This visit will include taking a medical history, blood pressure, heart rate, oxygen saturations, height and weight, you may have a spirometry test in your initial

assessment which will test how well your lungs are working.

We will discuss your inhaler technique, monitor your lung condition and discuss how it affects your life. An action plan will be drafted, and we will educate you on emergency management and discuss your health-related goals and some strategies for reaching them.

### Follow-up assessment:

The follow-up or review appointment will be booked as required and will be a shorter appointment of 30 minutes.

The review appointment will be focused on checking-up with how your breathing and management are going. See if you have any questions, checking in on how you are progressing with any health-related goals, assess the effect of any new or changed medications and to generally assess how you are.

The follow-up review may or may not include a spirometry assessment. This is dependent on if you have had spirometry completed at initial assessment and whether or not a repeat spirometry is required to monitor for any changes.

### Where will the clinic be held?

The Better Breathing Wellness Clinic will be available at both the Trentham and Daylesford Springs Medical Clinics, starting in September 2019.

### What do I need to bring?

- Please bring all your medications to the appointment, especially your puffers or inhaler medications and any spacer devices
- Wear loose comfortable clothing for spirometry so you can take a deep breath

### Cost

Usual fees apply for single appointment with GP (single gap policy).