



**This information is about the Better Breathing Wellness Clinic (BBWC) at Springs Medical.  
Please speak to your doctor (GP) or one of the Wellness Nurses for further details.**

Do you have shortness of breath or difficulty breathing that is impacting on your life? Do you have COPD or 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 (BBWC) is to help you to improve your breathing. It is for people with a chronic lung condition. A chronic condition is a condition that lasts for at least 6 months or longer. COPD (Chronic Obstructive Pulmonary Disease) and asthma are chronic lung conditions. The BBWC will allow you to spend time with a Wellness Nurse specialist and your GP to focus on Better Breathing.

### The BBWC provides:

- a dedicated assessment of your lung capacity;
- medication use and inhaler/puffer technique;
- tailored education and advice;
- an opportunity to discuss any related challenges you may be facing with your health;
- tools, tips and advice to help you manage your lung condition

### Aims of the Program:

- 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

## Better Breathing - Initial Assessment:

The initial assessment will be 45 - 60 minutes with the nurse followed by an appointment with the GP. This visit will include taking a lung health history, and some other measurements. You may have spirometry which is a test that will tell us how well your lungs are working. We will discuss and track your lung condition and how it affects your life. We will make an action plan for your breathing and medications. We will educate you on emergency management for difficulty breathing. We will also discuss your health-related goals and some strategies for reaching them.

### Spirometry:

Download the 'Getting ready for spirometry' Factsheet for the Springs Medical website [www.springsmedical.com.au](http://www.springsmedical.com.au) or ask at reception or your GP for a copy.

### Follow up assessment:

The follow up or review appointment will be a shorter appointment as required. 30 minutes with the Wellness Nurse followed by an appointment with the GP. The review appointment is a check-up to see how your breathing and management are going. The follow up review may or may not include a spirometry assessment.

### Where will the clinic be held?

The BBWC will be available at both the Trentham and Daylesford Springs Medical Clinics.

### 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).