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Pulmonary and Chronic Cardiac Rehabilitation (PCCR) Program referral form

Our Pulmonary and Chronic Cardiac Rehabilitation (PCCR) program is a free 8-week program designed to support an improved quality of life for people living with a chronic respiratory condition or Chronic Heart Failure (CHF) and reduce their likelihood of associated hospital admissions. In partnership with Back on Track Physiotherapy, the program offers patient-centred therapy with a focus on small group exercise and education sessions, with other services sometimes available on a case-by-case basis.

Who is eligible?

- People who are living with a chronic respiratory condition or CHF
- Located within travelling distance to the centres where the program is delivered

Some exclusion criteria applies – talk to your GP before referring to this program.

How do I refer?

You can refer yourself or a GP or other service can complete the referral. If referring yourself, consult your GP prior to completing the referral, as medical clearance is required to participate in this program.

Once completed, email the referral to **pccr@marathonhealth.com.au**

If you need help with the referral please call **1300 418 223.**

Form completed by:		**Referral date:**	

Client details			
Legal first name:		Legal surname:	
Preferred name:	Date of Birth:	Gender:	Pronouns:
Address:		Suburb:	
Postcode:	Phone:	Email:	
Culture *(select all that apply)*	☐ Aboriginal	☐ Torres Strait Islander	☐ Other (please specify)
Main language spoken at home	☐ English	☐ Other (please specify)	
Interpreter required	☐ Yes	☐ No	
Do you need communication assistance? *Including sign language, required communication devices or special interpreter needs*			
Emergency contact name	Emergency contact Phone:	Emergency contact relationship	

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GP or referring service details	
GP name:	GP practice
Phone:	Email:
Referrer name:	Referring service
Consent for referral provided by client	☐ Yes ☐ No
Medical clearance attached from GP/Specialist. *(referrals will not be considered until provided)*	☐ Yes ☐ No

Medical history			
Has the client been diagnosed with any of the following conditions (client requires at least one to be eligible):			
Emphysema	☐ Yes ☐ No	Heart failure – reduced injection failure	☐ Yes ☐ No
Chronic Bronchitis	☐ Yes ☐ No	Diastolic heart failure	☐ Yes ☐ No
Asthma	☐ Yes ☐ No	Heart failure caused by valvular disease	☐ Yes ☐ No
Lung tissue disease	☐ Yes ☐ No	Biventricular heart failure	☐ Yes ☐ No
Bronchiectasis	☐ Yes ☐ No	Right heart failure	☐ Yes ☐ No
Lung circulation disease	☐ Yes ☐ No	Cardiomyopathy	☐ Yes ☐ No
Post-acute exacerbation of airways	☐ Yes ☐ No	Post-COVID syndrome	☐ Yes ☐ No

Other medical history – (ie. spirometry, ABG's, O2 requirements, comorbidities)
Please include medical history information

Cardiac and/or respiratory medications
Please list and include medication information here

Clients baseline observations
Including altered criteria and action plan for medications such as inhalers and medications for Angina

Respiratory			
Beta Agonist	☐ Yes ☐ No	LAMA	☐ Yes ☐ No
ISC	☐ Yes ☐ No	LABA	☐ Yes ☐ No
Oral	☐ Yes ☐ No	Anti-Cholinergic	☐ Yes ☐ No
What is the participant's usual SpO2, on room air or supplemental O2?			
Does the client need fast acting medication to assist Angina or similar? ie. GTN Spray available to them at all times?			
Oxygen/flow rate:		Hours per day:	
Home oxygen	☐ Yes ☐ No		

Program location

Please note – referrals to this program can only be made to locations listed below.
Please select the appropriate location for this referral:

- ☐ **West Wyalong** – April to June 2024
- ☐ **Junee** – July to September 2024
- ☐ **Leeton** – October to November 2024
- ☐ **Lake Cargelligo** – February to March 2025
- ☐ **Hay** – April to May 2025

Please note, dates may be subject to change and participants will be notified accordingly.

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Pulmonary and Chronic Cardiac Rehabilitation Guidelines

Eligibility criteria	Exclusion criteria
Include patients who: ✓ Have Chronic Obstructive Pulmonary Disease (COPD) ✓ Emphysema ✓ Chronic bronchitis ✓ Asthma ✓ Lung tissue disease such as Interstitial Lung Disease, Idiopathic Pulmonary Fibrosis, Occupational and mine dust diseases (Pneumoconiosis, asbestosis) ✓ Bronchiectasis ✓ Lung circulation disease such as Pulmonary Hypertension ✓ Post-acute exacerbation of airway disease ✓ Post COVID syndrome ✓ Heart Failure with reduced or preserved ejection fraction ✓ Diastolic heart failure ✓ Heart failure caused by valvular disease ✓ Biventricular heart failure ✓ Right heart failure ✓ Cardiomyopathy	**Excludes patients who:** ✗ Acute respiratory disease (in the absence of exacerbation of chronic respiratory diagnosis) ✗ Have severe cognitive impairment ✗ Have severe psychotic disturbance ✗ Have a relevant infectious disease ✗ Musculoskeletal or neurological disorder that prevents exercise ✗ Unstable cardiovascular disease (e.g. unstable angina, aortic valve disease, unstable pulmonary hypertension) ✗ Any other unstable, uncontrolled condition ✗ Post-Acute cardiac syndrome ✗ Post percutaneous coronary intervention ✗ Post cardiothoracic surgery (Coronary Artery Bypass Graft- CABGS, Valve repair/replacement) ✗ Post insertion of pacemakers and defibrillators (1-6 weeks post op) ✗ Any other unstable, uncontrolled condition