

PDC HEALTH HUB

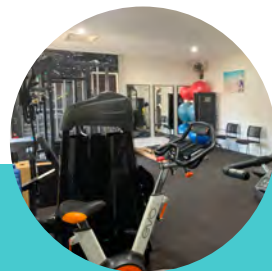
Referral Directory



DIABETES
EDUCATION



DIETITIAN



EXERCISE
PHYSIOLOGY &
PHYSIOTHERAPY



ACCREDITED
PHARMACISTS



PODIATRY



PEER SUPPORT
AND ADVOCACY

A multidisciplinary, community-based allied health service founded in 2015 to cater for the needs of people living with all types of diabetes and other chronic health conditions.

Please contact tegan@pdchealthhub.com.au should you require any further information, a team member to attend for an information session, or you require an electronic referral form to upload to your practice software.

HQ: East Victoria Park, plus mobile locations:

**Midland - Murdoch - Palmyra - Canning Vale - Joondalup - Kalamunda - Bedford - Queensgate
+ Telehealth**



P (08) 6110 0570

F (08) 9355 5718

H pdcallie

E admin@pdchealthhub.com.au

A 968b Albany Hwy, East Victoria Park WA 6101

W www.pdchealthhub.com.au



Registered NDIS Provider

Contents page

Introduction to PDC

PDC referral forms

Clinic locations

Patient support team

Our team & services offered

1. Diabetes Education
2. Dietetics
3. Podiatry
4. Fitness Hub (gym)
5. Exercise Physiology and Physiotherapy
6. Counselling/Psychology
7. Sleep Clinic

Clinic contact details



P (08) 6110 0570

F (08) 9355 5718

E admin@pdchealthhub.com.au

A 968b Albany Hwy, East Victoria Park WA 6101

W www.pdchealthhub.com.au





DIABETES EDUCATION

- Type 1, Type 2, LADA, GDM and MODY support
- Newly diagnosed patients
- Insulin initiation and support
- Insulin pump starts
- Diabetes and pregnancy clinic
- Diabetes self-management
- Technology support and equipment upgrades
- Plans surrounding illness, travel and driving



DIETITIAN

- Diabetes support
- Carbohydrate counting
- Heart disease
- High cholesterol
- High blood pressure
- Coeliac Disease
- FODMAPs
- Food intolerances and allergies
- Gastrointestinal conditions
- Inflammatory Bowel Disease, IBS
- Shopping tours (individual/group)
- Weight loss and management
- PCOS



EXERCISE PHYSIOLOGY & PHYSIOTHERAPY

- Individualised, safe programs for diabetes, musculoskeletal, cardiovascular, respiratory and other chronic conditions
- Workers compensation
- Monitored gym sessions
- *Exercise Right for Active Ageing* provider
- Group exercise programs
- Injury management
- Chronic pain management



PODIATRY

- Diabetes foot assessment
- Photoplethysmography (PPG) and toe blood pressure
- Corn / callus removal
- General nail care
- Fungal nail treatment
- Ingrown toenail surgery
- Custom orthotics
- Plantar warts
- Assessment of leg, ankle and foot pain



COUNSELLING/PSYCHOLOGY

- Disordered eating
- Anxiety and depression
- Substance misuse / addiction
- Experienced in supporting people with chronic conditions
- Major life changes e.g. parenthood, career change or health



ACCREDITED PHARMACISTS

- Home Medicines Reviews (HMR)
- Prescriptions, medications and wellbeing items
- NDSS products
- Provide advice on medication safety



Multidisciplinary case conferences available with PDC Health Hub



Patients with a chronic or terminal medical condition requiring care or services from their usual GP and at least two other health or care providers are eligible for a case conference service.

Your patients may be eligible for the case conference service if they see one of our allied health team. All that is required is an active care plan.

The patient does not have to be present at a case conference, though in some cases their presence may be appropriate.

A case conference can occur face-to-face, by phone or by video conference, or through a combination of these.

Case conference **billing code 739** for a 20-40 minute case conference and can be done once every 3 months if required.

About us

PDC Health Hub provides allied health services that include: Diabetes Education, Dietitian Services, Exercise Physiology, Physiotherapy, Podiatry and Psychology services.

✉ admin@pdchealthhub.com.au

🌐 www.pdchealthhub.com.au



Call our client support
team

08 6110 0570

PDC Health Hub & Perth Diabetes Care

Referral form for GPs



www.pdchealthhub.com.au
P: 08 6110 0570

Patient details			
NAME			
PHONE		D.O.B	

Reason for referral			
Diabetes Educator	<input type="checkbox"/> Type 1 Diabetes/LADA <input type="checkbox"/> Type 2 Diabetes <input type="checkbox"/> Pre-diabetes <input type="checkbox"/> New to insulin <input type="checkbox"/> Insulin adjustments	<input type="checkbox"/> Complication screening <input type="checkbox"/> Gestational Diabetes <input type="checkbox"/> Pre-existing Diabetes in pregnancy <input type="checkbox"/> Non-insulin injectables <input type="checkbox"/> Plans surrounding illness, travel and driving	<input type="checkbox"/> Insulin pump start/upgrade and ongoing support <input type="checkbox"/> CGM (Continuous Glucose Monitor) start
Accredited Practising Dietitian	<input type="checkbox"/> Diabetes support <input type="checkbox"/> Gastrointestinal Issues e.g.: FODMAPs, IBD, Coeliac Disease, Diverticulitis	<input type="checkbox"/> Carbohydrate counting <input type="checkbox"/> Weight loss <input type="checkbox"/> Food intolerances and allergies <input type="checkbox"/> Heart health – e.g.: high BP, cholesterol	<input type="checkbox"/> PCOS <input type="checkbox"/> Low carb strategies Meal plans <input type="checkbox"/> Weight management/ bariatric surgery prep <input type="checkbox"/> Other:
Senior Podiatrist	<input type="checkbox"/> Diabetes foot assessment <input type="checkbox"/> Corns, calluses or cracked heels <input type="checkbox"/> Thick and ingrown toenails	<input type="checkbox"/> Fungal nail treatment <input type="checkbox"/> Custom orthotics <input type="checkbox"/> Footwear advice and education <input type="checkbox"/> Plantar warts <input type="checkbox"/> Nail surgery	<input type="checkbox"/> Assessment of ankle, leg and foot pain <input type="checkbox"/> Children's foot problems <input type="checkbox"/> Other:
Accredited Exercise Physiologist	<input type="checkbox"/> Individual assessment <input type="checkbox"/> Group programs <input type="checkbox"/> Strength for life (Level 1) <input type="checkbox"/> Type 2 Diabetes group exercise classes	<input type="checkbox"/> Respiratory conditions <input type="checkbox"/> Monitored gym sessions <input type="checkbox"/> Cardiac rehabilitation <input type="checkbox"/> Injury management <input type="checkbox"/> Workers compensation/rehab	<input type="checkbox"/> Pain management <input type="checkbox"/> Women's health classes <input type="checkbox"/> Falls prevention <input type="checkbox"/> Pre and post-natal fitness classes <input type="checkbox"/> Other:
Physiotherapy	<input type="checkbox"/> Musculoskeletal conditions <input type="checkbox"/> Acute injury <input type="checkbox"/> Injury management	<input type="checkbox"/> Sport injury management <input type="checkbox"/> Pain management <input type="checkbox"/> Workers Compensation/rehab	<input type="checkbox"/> Group exercise classes <input type="checkbox"/> Dry needling <input type="checkbox"/> Soft tissue release <input type="checkbox"/> Other:
Psychologist			
Main reason for referral			

** If possible, please include a copy of their last clinic letter **

Please email to admin@pdchealthhub.com.au or fax to 9355 5718 and we will contact the patient for an appointment.

PDC offer a range of billing options. Please contact our admin team to discuss options if required.



Insulin Stabilisation Form			
Current Insulin administration method	<input type="checkbox"/> Injections		<input type="checkbox"/> Insulin Pump
Insulin therapy order			
Name of Insulin	Starting or current dose	Frequency of administration E.g.: Once daily, twice Daily	
Target Blood Glucose range			
Fasting		Other	
Size of unit adjustment with each titration E.g.: 2 units or % basal rate change			
Adjust every		Day(s)/Week(s)	
Other glucose lowering therapies to continue			
Case management for patient using insulin therapy			
I authorise PDC Credentialed diabetes educator to adjust insulin doses as per the above guidelines			
I authorise PDC CDE to teach self-management of ongoing insulin dose adjustment as per the above guidelines			
I authorise PDC CDE to adjust insulin to carbohydrate ratios and insulin sensitivity factors where applicable			
I authorise PDC CDE to commence and adjust a bolus calculator if indicated			
Prescribers stamp/details	Prescriber signature	Date	

This referral is valid for 12 months



Clinic locations and Telehealth service delivery

South clinics

East Victoria Park

Headquarters

968b Albany Hwy,
East Victoria Park, WA, 6101

Murdoch

Inside Wexford Medical Centre

Level 5, Suite 81,
3 Barry Marshall Parade,
Murdoch, WA, 6150

Palmyra

Inside 4 Antony Healthcare

4 Antony Street,
Palmyra, WA, 6157

Canning Vale - Queensgate

Suite 11, 2nd Floor,
2 Queensgate Dr, Canning Vale

Canning Vale

98 Waratah Blvd
Canning Vale WA 6155

North clinics

Joondalup

Joondalup Health Hub

1, The Gateway
Edgewater, WA 6027

North East clinic

Bedford

Shop 11, 215 Grand
Promenade
Bedford, WA, 6052

East clinic

Kalamunda

Inside Barberry square shopping centre

Shop 6, 12 Barber Street
Kalamunda, WA, 6076

Midland

Inside Midland Medical Specialists

Suite 6. Level 1/81 Yelverton Dr,
Midland, WA, 6056

Telehealth with CoviU





Introducing our patient support team



Cettina

Practice Manager

Cettina oversees all PDC Health Hub operations and administration tasks to ensure a smooth, high quality experience for clients and staff alike. She manages the administration & client support team, ensures compliance with company policies and procedures, manages internal communications and correspondence with GP clinics and other third parties.



Tegan

GP Liaison

Tegan is our dedicated GP Liaison. She is passionate about helping GPs provide the best possible care for their patients. Tegan is available for all enquiries and requests about how PDC Health Hub can help you support your patients on their health journey.




Cettina, Nicola, Lucy, Tegan & Michelle

Administration & Client Support

In their administration and client support roles, Nicola, Lucy, Tegan & Michelle are often the first faces clients see and they are all an integral part of the PDC Health Hub team. They assist with scheduling and bookings, a range of clerical tasks and supporting efficient operations at all of our clinics.





Introducing our health promotion & advocacy team



Lauren

Health Promotion & Communications Manager

Lauren oversees all events, communications, stakeholder engagement, community engagement, resource development and advocacy projects at PDC. She is passionate about making a difference in the lives of people living with diabetes, and she brings her own lived experience as a person with type 1 diabetes to this role. She supports Jake's role as chairperson of the T1DC, and she works with Lucy to ensure that the patient experience is excellent. Lauren also manages the GP liaison efforts, which aim to build relationships with general practitioners and other healthcare providers to improve care for people with diabetes.



Jake

T1DC Chair and Care Coordinator

Jake, who lives with type 1 diabetes, is our passionate and dedicated chairperson of the T1DC. He is also a Care Coordinator for our *Navigating Adult Diabetes Services* program. He plans and coordinates regular educational and awareness-raising events for the T1D community. Jake is also currently studying medicine, and he uses his knowledge and experience to advocate for others living with T1D. In his role as chairperson, Jake plans and coordinates educational and awareness-raising events. He also works tirelessly with community partners to raise awareness of T1D and its impact on individuals and families, advocates for the needs of the T1D community and provides support to people living with T1D and their families.



Lucy

Patient experience lead

Lucy, our patient experience lead, is passionate about creating a positive and welcoming environment for our clinic patients. Her role involves collecting and analysing client feedback, identifying areas for improvement, and developing and implementing strategies to improve the patient experience. She also assists with community engagement initiatives and stakeholder engagement. Lucy brings her own lived experience to the role as a person living with type 1 diabetes who has spent several years navigating the healthcare system and various clinics.





Diabetes Education:

Our services and practitioners



Teresa Di Franco

Director
Credentialled Diabetes Educator
Certified Pump Trainer

- Type 1 Diabetes
- Type 2 Diabetes on MDI therapy
- Insulin start and stabilisation
- Non-insulin injectables
- Insulin Pump start, review and upgrades
- Ongoing insulin pump support
- Continuous Glucose Monitors (CGM)
- *Locations: East Vic Park, Kalamunda, Palmyra, Midland, Murdoch, Joondalup, Telehealth*



Jeffery Au

Director
Credentialled Diabetes Educator
Certified Pump Trainer

- Type 2 Diabetes
- Type 2 Diabetes on MDI therapy
- Type 1 Diabetes
- Insulin start and stabilisation
- Non-insulin injectables
- DVA provider
- *Locations: East Vic Park, Kalamunda, Palmyra, Midland, Canning Vale, Queensgate, Bedford, Joondalup, Telehealth*



Maxine Schlaeppi

Credentialled Diabetes Educator
Nurse Practitioner
Certified Pump Trainer

- Type 1 Diabetes
- Type 2 Diabetes
- Insulin start and stabilisation
- Non-insulin injectables
- Insulin Pump starts and upgrades
- Continuous Glucose Monitors (CGM)
- Preconception Counselling
- Diabetes in Pregnancy Management
- Complication screening
- *Locations: East Vic Park, Telehealth*



Caitlin Parker

Credentialled Diabetes Educator
Accredited Practising Dietitian

- Type 2 Diabetes
- Insulin start and stabilisation
- Non-Insulin Injectables
- Carbohydrate Counting
- Diet and Diabetes
- Diabetes in Pregnancy Management
- *Locations: East Vic Park, Queensgate, Telehealth*



Kartier Falkenberg

Credentialled Diabetes Educator
Pharmacist

- Type 2 Diabetes
- Insulin start and stabilisation
- Non-Insulin Injectables
- Carbohydrate Counting
- Sleep Apnoea
- *Locations: East Vic Park, Kalamunda, Telehealth*



Kerry Povey

Credentialled Diabetes Educator
Pharmacist

- Type 2 Diabetes
- Insulin start and stabilisation
- Non-Insulin Injectables
- Carbohydrate Counting
- Sleep Apnoea
- *Locations: East Vic Park, Joondalup, Telehealth*





Dietetics:

Our services and practitioners



Caitlin Parker

Accredited Practising Dietitian
Credentialled Diabetes Educator

- Type 2 Diabetes
- Insulin start and stabilisation
- Non-Insulin Injectables
- Carbohydrate Counting
- Diet and Diabetes
- Diabetes in Pregnancy Management
- *Locations: East Vic Park, Queensgate, Telehealth*



Evan Waterhouse

Accredited Practising Dietitian

- Neurodiversity
- Type 2 diabetes
- Sports nutrition
- High blood pressure
- High cholesterol
- Weight management (optimising intake for weight gain or weight loss)
- *Locations: East Vic Park, Palmyra, Kalamunda, Telehealth*



Serena Macmanus

Accredited Practising Dietitian

- Type 1 Diabetes
- Type 2 Diabetes
- Carbohydrate counting
- Low carb strategies
- Food and exercise
- Coeliac Disease
- PCOS
- Weight management (optimising intake for weight gain or weight loss)
- *Locations: East Vic Park, Midland, Joondalup, Telehealth*





Podiatry:

Our services and practitioners



Karen Lyra

Senior Podiatrist



Assia Abibsi

Senior Podiatrist

-
- Diabetes foot assessments
 - Foot and lower limb injuries
 - Treatment of specific conditions
 - Prefabricated or custom orthotics
 - Footwear advice/education
 - Preventative measures
 - General foot care
 - Aching feet
 - Blisters
 - Nail surgery
 - Thick and ingrown toenails
 - Medical pedicure
 - Corns, calluses or cracked heels
 - Fungal problems and plantar warts
 - Children's foot problems

NDIS Provider

DVA Provider

Accepts care plan referrals & private health

*Karen can be seen at either East Victoria Park
or Kalamunda. Assia is available at our East Victoria Park clinic.*



PODIATRY SERVICES AVAILABLE AT PDC HEALTH HUB

Benefits of seeing a Podiatrist

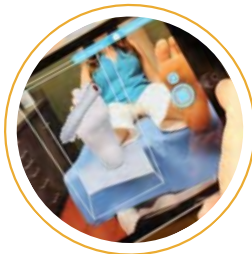
A podiatrist can help to improve your mobility and independence through prevention and management of foot problems.

The conditions that a podiatrist will treat can include bone and joint disorders, skin, muscular, nerve and circulation problems of the feet.

Podiatry services

If you have any symptoms or issues listed below, our podiatrist will be able to assist you.

- Diabetes foot assessments
- Foot and lower limb injuries
- Treatment of specific conditions
- Prefabricated or custom orthotics
- Footwear advice/education
- Preventative measures
- General foot care
- Aching feet
- Blisters
- Nail surgery
- Thick and ingrown toenails
- Medical pedicure
- Corns, calluses or cracked heels
- Fungal problems and plantar warts
- Children's foot problems
- Infections



What happens in an appointment?

All podiatry visits are personalised to suit your needs. The podiatrist will ask you a number of questions relating to your visit and will assess your feet and legs. Specific treatments may also be performed depending on the issue(s) presented.

For those that live with diabetes, our podiatrist will carry out an assessment and ask specific questions in relation to your circulation and nerve function in your feet.

No referral required.

Fees and rebates vary according to your situation and what you may be eligible to access.

PPG @ PDC:

PHOTOPLETHYSMOGRAPHY

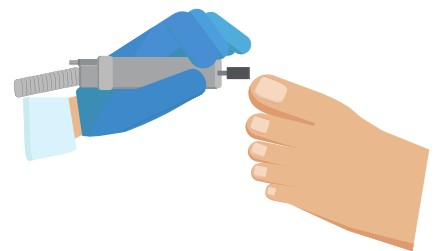
Toe blood pressure

PDC Health Hub is one of the few community-based private clinics offering this service.

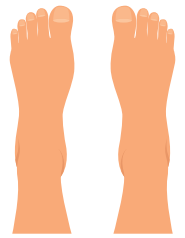
Photoplethysmography (PPG) enables our Podiatrist to complete a profile of your circulation.

This profile along with 5 other tests, and additional clinic assessments, combine to cover a comprehensive review of your current foot health status.

It can be recorded, re-performed and compared annually.



WHAT IS PPG?



PPG is short for photoplethysmography. This is a test that can detect the blood flow in the very fine blood vessels at the end of the toes.

SCREENING FOR PERIPHERAL ARTERIAL DISEASE (PAD) WITH TOE PRESSURES

Diabetes is a significant risk factor for Peripheral Arterial Disease. Early detection of PAD improves quality of life and saves limbs, and is especially important in the presence of a diabetic foot ulceration or symptoms such as leg cramping, achiness, pain at rest or non-specific pain.

Toe systolic blood pressure is a non-invasive, clinic-based assessment that can be performed easily as part of a neurovascular assessment to assess patient risk in developing diabetic foot complications.

Note: ABI results are not reliable in some diabetic cases for PAD diagnosis.

A toe pressure of 70 to 110 mmHg or TBI > 0.5 to 0.75 is considered normal and anything below is diagnostic of PAD.

A toe pressure lower than 30 mmHg or TBI < 0.2 is considered severely ischemic and diagnostic of critical limb ischemia (CLI). Wound healing potentially drops as TBI decreases from the normal values. Identification of PAD allows for earlier referral to vascular specialists for further assessment and discussion of treatment options.

Toe pressures and PPG are performed at PDC Health Hub when indicated as part of the neurovascular assessment.

By assessing the strength of pedal pulses, doppler wave form, toe pressures, sensory tests and medical history, we are able to determine and report patient risk status.



PDC Fitness Hub:

Our services and practitioners



Roh Silvarajoo

Physiotherapist

- Acute injury management
- Sport injury management
- MVA Support
- Workers compensation
- Short or long term rehabilitation
- Chronic condition management
- Soft tissue trigger point release
- Dry needling
- *Locations: East Vic Park, Telehealth*



Joel Young

Accredited Exercise Physiologist

- DVA, NDIS and WorkCover
- Chronic condition management and support
- Cancer support, neurological musculoskeletal, mental health and chronic disease management
- *Locations: East Vic Park, Kalamunda, Telehealth*



Chloe Websdane

Accredited Exercise Physiologist

- Musculoskeletal disorders/injuries
- Rehabilitation
- Womens health
- Chronic condition management and support
- *Locations: East Vic Park, Kalamunda, Telehealth*



Whitney Van Wyk

Physiotherapist

- Acute injury management
- Sport injury management
- Injury prevention
- Soft tissue trigger point release
- Musculoskeletal injuries/disorders
- *Locations: East Vic Park, Kalamunda, Telehealth*



Karina Vaevaemaki

Accredited Exercise Physiologist

- Chronic condition management and support
- Injury prevention
- Musculoskeletal injuries/disorders
- *Locations: East Vic Park, Telehealth*



Timmy Stevens

Accredited Exercise Scientist

- Chronic condition management and support
- Injury prevention
- Musculoskeletal injuries/disorders
- *Locations: East Vic Park, Telehealth*



Onsite rehab gym

Catering for all individuals, goals
and/or health conditions



PDC
FITNESS HUB

PDC Fitness Hub

PREMIUM SMALL GROUP CLASSES AVAILABLE @ PDC FITNESS HUB



PDC Members Open Gym

- A small group class whereby all members share the space and complete a personalised exercise program. In this class you will undertake an individual exercise program developed by you and your Exercise Physiologist to achieve your health and fitness goals, taking into consideration any health conditions/musculoskeletal injuries.
- Classes are guided by the Exercise Physiologists to ensure correct technique and exercise intensity for your safety.

Circuit Central

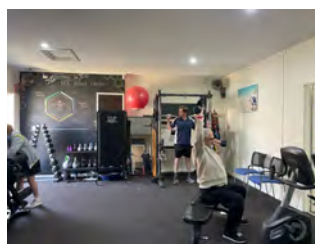
- A group exercise class of a circuit nature. The workouts include both resistance training and cardio incorporation to have you feeling energised and strong.
- This class aims to boost cardiovascular endurance and full body muscular strength. With different exercise combinations in every session, you are assured to be challenged and engaged!

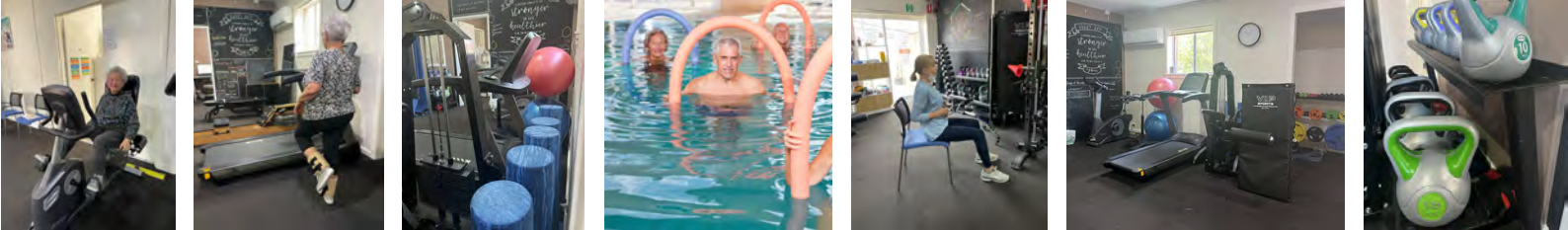
Strength & Balance

- This group exercise class is aimed at people who are 65+ years old and have challenges with balance and lower body strength, want to maintain bone density or those who want to be proactive and prolong their independence. In this class you can expect to gain movement confidence, full body strength, increases in reaction time and improved efficiency of movement pathways.

Hydrotherapy

- This low-impact exercise class is ideal for individuals with joint pain, arthritis, or other mobility issues.
- Engage in a variety of exercises designed to improve flexibility, strength, and balance, all while enjoying the therapeutic benefits of warm water.
- Whether you're recovering from an injury or looking for a gentle workout, hydrotherapy can help you improve your overall fitness and wellbeing.





Getting Active with T2D

- A PDC initiative get you active and educated all in one! These group classes can be utilised through a GP Type 2 Diabetes Care Plan.
- A great introduction to safely exercising with diabetes, and developing a program that has beneficial outcomes on managing sugar levels, whilst taking into consideration other health conditions and musculoskeletal injuries.

Healthy Hearts

- This class is open for those with any cardiovascular conditions to attend.
- Clients will have their own program set by an Exercise Physiologist to complete in a supervised environment. These will encompass aerobic exercise, weight based exercises, and stretching whilst having the equipment available to monitor body responses.
- Designed to assist you in building regular exercise habits to enhance energy, build muscular strength and further promote circulation to increasing your body's ability to utilise oxygen. Classes are guided by Exercise Physiologists to ensure correct technique and exercise intensity for your safety.

Mat, Stretch & Flex

- A floor-based exercise class designed to improve mobility, flexibility and stability.
- The focus of slow and controlled positions and movement done in this class is to increase range of motion in joints, increase muscle elasticity, as well as ensuring correct and sequential muscle activation. By doing this we can reduce muscle tension, soreness, joint impingements, acute injuries, and re-occurrence of past injuries

Please speak to your Exercise Physiologist if you are unsure which classes are suitable for you.

If you are a new client to the gym, you will need to book in for an initial appointment with one of our Exercise Physiologists before commencing any classes.

GETTING ACTIVE WITH T2D AT PDC

Supporting your patients to exercise safely with Type 2 Diabetes



How to refer a patient for Type 2 Diabetes Group Exercise Sessions @ PDC Health Hub

Complete the referral form

- Complete the *Group Allied Health Services Under Medicare referral form* for patients with Type 2 Diabetes (see example on the following page)
- This form entitles them to a 60 minute initial consultation and 8 small group exercise and education classes with an Accredited Exercise Physiologist.
- All sessions attract a Medicare rebate.

Next steps

- Fax or email the form, plus the patients' GPMP, to PDC Health Hub
- PDC will contact the patient and book them in for their initial 60 minute consultation, which includes a thorough screening, baseline measurements, education and goal setting

What happens during the program:

- The patient attends 8 group exercise and education sessions where they work to their own individualised program, under supervision of the Accredited Exercise Physiologist.
- Throughout these sessions the patient is educated about the importance, type and quantity of aerobic exercise to be undertaken in addition to the gym group sessions, and the Exercise Physiologist will regularly check on their progress.
- During their final group session the patient is reassessed to check for improvements, and to discuss progress made towards meeting the patient's goals. The patient is educated on how to continue to meet the physical activity guidelines to manage their type 2 diabetes.

Home strength programs are prescribed and are encouraged to be undertaken between gym group sessions.

PDC Fitness Hub:

Small group classes, individualised programs and a private gym.

At the completion of the program the patients have the option to continue to attend the gym by purchasing a gym package or membership.



Referral form for Group Allied Health Services under Medicare for patients with type 2 diabetes

Note: GPs can use this form issued by the Department of Health or one that contains all of the components of this form.

PART A – To be completed by referring GP (tick relevant boxes):

- ☐ Patient has type 2 diabetes AND either
- ☐ GP has prepared a new GP Management Plan (MBS item 721) OR
- ☐ GP has reviewed an existing GP Management Plan (MBS item 732) OR
- ☐ for a resident of a residential aged care facility, GP has contributed to or reviewed a care plan prepared by the residential aged care facility (MBS item 731) [Note: Residents of residential aged care facilities may rely on the facility for assistance to manage their type 2 diabetes. Therefore, residents may not need to be referred for allied health group services as the self-management approach may not be appropriate.]

Note: GPs are encouraged to attach a copy of the relevant part of the patient's care plan to this form.

Please advise patients that Medicare rebates and Private Health Insurance benefits cannot both be claimed for this service

GP details

Provider Number

Name

Address Postcode

Patient details

First Name Surname

Address Postcode

Note: Eligible patients may access Medicare rebates for **one** assessment for group services in a calendar year. Indicate the name of the practitioner (diabetes educator, exercise physiologist or dietitian), or the allied health practice, you wish to refer the patient to for this assessment. The assessment must be done before the patient can access group services.

Allied Health Practitioner (or practice) the patient is referred to for assessment:

Name of AHP or practice PDC Health Hub by Perth Diabetes Care

Address 968b Albany Highway, East Victoria Park Postcode 6101

Referring GP's signature Date

PART B – To be completed by allied health provider (AHP) who undertakes assessment service:

Eligible patients may access Medicare rebates for **up to 8** allied health group services in a calendar year.

Group size must be between 2 and 12 persons.

Indicate the name of the provider/s, and details of the group service programme.

Name of provider/s:

Name of programme:

No. of sessions in programme:

Venue (if known):

Name of referring AHP: Signature and date

Allied health providers must provide, or contribute to, a **written report** to the patient's GP after the assessment service and at completion of the group services programme. Allied health providers should retain a copy of the referral form for record keeping and Department of Human Services (Medicare) audit purposes. Allied health services funded by other Commonwealth or State/Territory programmes are not eligible for Medicare rebates under these items, except where the service is operating under sub-section 19(2) arrangements.

THIS FORM DOES NOT HAVE TO ACCOMPANY MEDICARE CLAIMS



Pharmacy & Sleep Clinic

information and
referral pathways





Pharmacist Team



Teresa Di Franco

Director PDC Health Hub &
Pharmacy 777
Credentialled Diabetes Educator
Pharmacist



Jeffery Au

Director PDC Health Hub &
Pharmacy 777
Credentialled Diabetes Educator
Pharmacist



Rebecca Blue

Pharmacist
Home Sleep Study Services



Kartier Falkenberg

Credentialled Diabetes Educator
Pharmacist
Home Sleep Study Services



Kerry Povey

Credentialled Diabetes Educator
Pharmacist
Home Sleep Study Services



Are your patients at risk?



Do they experience any of the following?

- ✓ Snoring?
- ✓ Choking or gasping during sleep?
- ✓ Regularly "nod off" when seated?
- ✓ Feeling tired during the day?
- ✓ Morning headaches?
- ✓ Waking with a sore throat?

They may suffer from Sleep Apnoea.

Talk to us about getting a referral for our sleep clinic.

PDC have sleep health pharmacists available for home sleep-studies and ongoing sleep health management.



1 in 4 adult Australians are at risk of having Sleep Apnoea yet 80% are undiagnosed.



63% of Sleep Apnoea patients have been shown to suffer from depression.



Sleep Apnoea increases the risk of stroke by 60%. It can also increase the risk of developing diabetes by up to 63%.



Sleep Apnoea increases the risk of coronary heart disease by 30% and heart failure by 140%. International guidelines now recognise Sleep Apnoea as one of the most common risk factors of resistant hypertension.

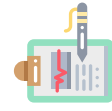


P (08) 6110 0570

W www.pdchealthhub.com.au

Referral Pathway Options to PDC Health Hub

SLEEP APNOEA CLINIC



1 in 4 adult Australians are at risk of having OSA yet 80% are undiagnosed.



OSA increases the risk of stroke by 60%. It can also increase the risk of developing diabetes by up to 63%.



63% of OSA patients have been shown to suffer from depression.



Refer your patient for a sleep study

Your patient attends for a sleep apnoea clinic consultation and undergoes a sleep study

An independent Sleep Physician will review the study results, provide a diagnosis and recommendations for your patient

Your patient will receive ongoing treatment, support and coaching from our sleep apnoea clinic staff

Your patient will commence any recommended treatment

Please note: a credit card may be required to cover a fully refundable security deposit for the device.

Sleep Study Referral



SLEEP SOLUTIONS
Diagnosis

Patient Details

Name: Phone (M):
Address: Phone (H):
DOB: Email:
Medicare: DVA:

Referring Doctor Details

Provider: Practice:
Provider Number: Practice Address:
Phone: Date:

Signature:

Medical Co-Morbidities

Height: Co-Morbidities:
Weight:
BMI:

Previous Sleep Study: No If Yes, Date of Previous Study: N/A

Medicare Guidelines Criteria (STOPBang OR OSA50 AND Epworth Sleepiness Scale Questionnaire)

STOP BANG: A score of ≥ 3

- ☐ S - Does the patient SNORE loudly?
- ☐ T - Does the patient often feel Tired, fatigued, or sleeps during daytime?
- ☐ O - Has anyone Observed the patient stop breathing during sleep?
- ☐ P - Does the patient have or is the patient being treated for high blood Pressure?
- ☐ B - Does the patient have a BMI more than 35?
- ☐ A - Aged over 50 years old?
- ☐ N - Neck circumference (shirt size) more than 40cm / 16 inches?
- ☐ G - Is the patient's Gender male?

Total Score:

OSA50: A score of ≥ 5

- ☐ O - Obesity (3)?
Waist circumference: Male > 102cm or Female > 88cm
- ☐ S - Snoring (3)?
Has your patient's snoring ever bothered other people?
- ☐ A - Apnoea (2)?
Has anyone noticed that your patient stopped breathing during sleep?
- ☐ 50 - Is your patient over 50 years old (2)?

Total Score: Click or tap here to enter text.

Epworth Sleepiness Scale Questionnaire: A score of ≥ 8

Scenario	Tick one score for each scenario			
Score	0	1	2	3
Sitting and reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watching television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting inactive in a public place (eg. Theatre, meeting)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
As a passenger in a car for an hour without a break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lying down in the afternoon when circumstances permit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting and talking to someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting quietly after lunch without alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In a car, while stopped for a few minutes in traffic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total Score: Click or tap here to enter text.

For the 8 situations in the table, how likely is the patient to doze off or fall asleep, in contrast to feeling just tired? Even if the patient has not done some of these things recently, ask them how the situations would have affected them.

Use the following scale to choose the most appropriate number for each situation:
0 = Would never doze
1 = slight chance of dozing
2 = moderate chance of dozing
3 = high chance of dozing. Then total the scores.



PDC Health Hub

return slip

☐ GP Referral forms - soft copy
rtf. / Best Practice format

☐ Flyers

- ☐ Diabetes Education
- ☐ Dietitian
- ☐ Podiatry
- ☐ Exercise Physiology
- ☐ Physiotherapy
- ☐ Sleep Clinic

☐ Information session

Preferred topic:

Join our mailing list to stay up to date with what's happening
at PDC Health Hub and what services we can help with:

Email: -----

Please kindly email or fax this slip back to us.

