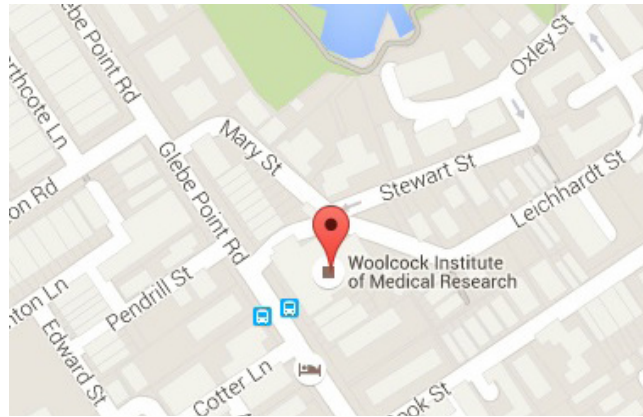




# ABOUT THE WOOLCOCK BREATHLESSNESS CLINIC

The Breathlessness Clinic is a new, multidisciplinary clinic where cardiology, respiratory and allied health professionals collaborate to investigate and diagnose breathlessness at one convenient location. This approach brings together different expertise but complimentary skills to deliver an integrated yet targeted treatment plan specific to each patient's needs.



## LOCATION

The Woolcock Institute of Medical Research is conveniently located on the corner of Glebe Point Road and Leichhardt Street, Glebe.

**PARKING:** 2 hour free parking is available on Glebe Point Road and surrounding streets.

**PUBLIC TRANSPORT:** We are close to Central Station and easily accessible by bus and light rail. Bus 431 stops directly outside our front entrance. Bus 433 and 370 stops within a five minute walking distance.

The Metro Light Rail runs from Central Station to Glebe. The closest stations are 'Glebe' and 'Jubilee' (ten minutes walk).



## CONTACT US

**T** +61 2 9114 0000

**F** +61 2 9114 0010

**E** [sleep@woolcock.org.au](mailto:sleep@woolcock.org.au)

431 Glebe Point Road  
Glebe NSW 2037

[www.woolcock.org.au](http://www.woolcock.org.au)

# Woolcock Breathlessness Clinic

## Information for GPs



## ABOUT THE WOOLCOCK BREATHLESSNESS CLINIC

Being breathless is a terrible feeling. It's often caused by a temporary illness such as a cold or a flu, and it passes. Sometimes it's more serious, and care by your GP ensures it's resolved quickly. At other times however, things can be more complicated. Problems with the heart or lungs are often at the root of breathlessness, but even for GPs it can be hard to know the correct next step. Sometimes patients are sent to see one type of specialist only to later be sent to another, delaying diagnosis and treatment. For this reason, the Woolcock Clinic has developed a new Breathlessness Clinic.

**The Woolcock Breathlessness Clinic is for patients who have been breathless for more than four weeks despite treatment by their GP.**

Patients will complete a specially-designed questionnaire and undergo some basic breathing and heart tests prior to seeing the specialist doctors. Patients will then see a heart specialist and a lung specialist at the same time. These specialists will work together to devise an investigation and management plan for each patient and send detailed correspondence to the GP so they understand the plan.

## WHAT ARE THE COMMON CAUSES?

Common causes of breathlessness include:

- Chronic Obstructive Pulmonary Disease (COPD), sometimes called emphysema
- Asthma
- Ischemic Heart Disease
- Heart failure
- Chronic sinus or lung infection
- Thoracic cage wall disease
- Pleural disease

## TESTING

Patients referred to the Woolcock Breathlessness clinic will undergo:

- Structured clinical history
- Physical examination



- Full lung function testing
- ECG
- Review of pathology and radiological assessments
- Further assessment as appropriate following the above investigations
- Development of a management plan involving both non-pharmacological and pharmacological recommendations
- Recommendations for ongoing care and options for follow up

## WHY SHOULD I REFER TO THE WOOLCOCK BREATHLESSNESS CLINIC

The Woolcock Clinic offers a unique environment for patients to experience the care of our clinicians who are world-leaders in sleep and respiratory health research and clinical practice.

The Woolcock Clinic is part of the Woolcock Institute of Medical Research, a prestigious and internationally recognised, sleep and respiratory medical research institute. This allows our patients access to the best and latest approaches in the care, treatment and preventative measures in sleep and respiratory disorders.



## WHAT CAN I DO BEFORE REFERRING?

**The following checklist may be useful prior to referral to the Woolcock Breathlessness Clinic:**

1. Does the patient have a history of asthma? If so, are they compliant with inhaled corticosteroid?
2. Has spirometry been performed?
3. If the patient has COPD or asthma, has their inhaler technique been checked?
4. Does the patient have risk factors for heart disease?
5. Has the patient had a chest x-ray?

## WOOLCOCK BREATHLESSNESS CLINIC

Our team of medical specialists work together to provide an integrated care and management plan for patients who has been breathless for four weeks or longer.

Our friendly, expert staff are dedicated to improving your patients' quality of life. You can contact us on:

**T** 02 9114 0000  
**F** 02 9114 0010  
**E** [reception@woolcock.org.au](mailto:reception@woolcock.org.au)

Download our referral form online [woolcock.org.au/referral](http://woolcock.org.au/referral) or email us to request a referral pad. A detailed history including previous investigations is preferable. Patients will be asked to bring previous chest x-rays and complete a breathlessness questionnaire to their appointment with the respiratory physician and cardiologist.

The Woolcock Institute of Medical Research is a not-for-profit organisation.

If you are interested in further information about becoming involved in our research studies or donations, please visit our website [www.woolcock.org.au](http://www.woolcock.org.au).

Your contribution will make a difference.  
Thank you for your support.