

Consultant Respiratory & Sleep Physicians

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**Bondi Respiratory
& Sleep**

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PATIENT DETAILS

Name: Email:
 DOB: Phone: Mobile:

Diagnostic Testing Only Diagnostic Test + consultation if test abnormal

Request for Physician Consultation Referral: Indefinite 12 Month Any Dr
 Dr Hamor Dr Stumbles Dr Moon Dr Abbott Dr Janarthanam Dr Smith

REQUESTED LUNG FUNCTION TESTS**Instructions for testing on reverse*

Standard Lung Function Tests* Diffusion Capacity Testing
 Spirometry Pre & Post Bronchodilator Respiratory Muscle Strength (MIP/MEP)
 Fraction of Exhaled Nitric Oxide (FeNO) Asthma Bronchoprovocation (with Mannitol)*
 Lung Volumes by Plethysmography 6-Minute Walk Test

REQUESTED DIAGNOSTIC SLEEP TESTS**Questionnaire on reverse*

Home Diagnostic Sleep Study (Medicare criteria: ESS ≥ 8 PLUS STOP-BANG ≥ 3 or OSA50 ≥5)
 In-Lab Diagnostic Sleep Study (Consultation required) Epworth Sleepiness Score*
 Overnight Oximetry STOP-BANG Score*
 Actigraphy 1 Week 2 Weeks OSA-50 Score*

CLINICAL NOTES

REFERRER DETAILS

Name: _____ Provider No: _____
 Address: _____ Phone: _____
 Signature: _____ Date: _____

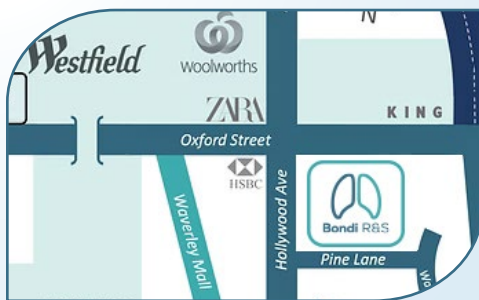
Copies to: _____ More Referral Pads

FINDING US

Harley Place, 251 Oxford St, corner of Hollywood Ave and Oxford St, diagonally opposite Westfield Bondi Junction.

Parking: Free parking is available in Westfield Bondi Junction car parks – enter from Grafton St and park near Woolworths for the closest spot. The Waverley Council car park is located on Waverley St.

Public Transport: The Bondi Junction Train & Bus Terminal is located on Grafton St, a 5–10 minute walk away. A taxi rank is located on Grosvenor St.



WHAT TO EXPECT

If seeing our Doctors for a consultation, allow up to 2 hours, which will include:

- Patient registration
- Pre-consultation questionnaire
- Lung function testing (30 minutes)
- Consultation (45–60 minutes)

WHAT TO BRING

- This referral form
- All puffers, inhalers & spacers
- All nose sprays
- A list of your other medications
- Letters/tests from other specialists
- Your CPAP device and mask

INSTRUCTIONS FOR LUNG FUNCTION TESTING

Standard Lung Function Tests

If able, withhold all short-acting inhalers for 6 hours prior and withhold long-acting inhalers for 24–36 hours prior to testing. Avoid caffeine, berries & smoking 6 hours before testing.

Bronchoprovocation Testing

If able, withhold all short-acting inhalers for 12 hours prior testing, and withhold all long acting inhalers, nasal sprays or antihistamines for 72 hours prior to testing.

SLEEP STUDY QUESTIONNAIRES

(for Medicare eligibility)

STOP-BANG

Score 1 if YES

- Do you snore loudly (louder than talking, or heard through closed doors)?
- Do you often feel tired, or sleepy during daytime?
- Has anyone seen you stop breathing in your sleep?
- Do you have (or are you being treated for) high blood pressure?
- BMI more than 35 kg/m²
- Age over 50
- Neck circumference greater than 40 cm
- Male gender
- /8 Total

OSA - 50 If YES, score:

- 3** Obesity (by waist circumference): M>102cm, F>88cm)
- 3** Has snoring ever bothered other people?
- 2** Has anyone noticed your stop breathing in your sleep?
- 2** Age over 50

/10 Total

EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations (as opposed to feeling just tired)

0 = Never 1 = Slight 2 = Moderate 3 = High chance

- Sitting and reading
- Watching TV
- Sitting, inactive in a public place (theatre or meeting)
- As a passenger in a car for an hour
- Lying down to rest in the afternoon
- Sitting and talking to someone
- Sitting quietly after a lunch without alcohol
- In a car, while stopped for a few minutes
- /24 Total



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