

**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 Janarthanan  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: \_\_\_\_\_

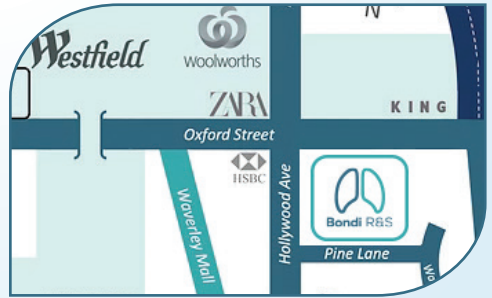
Copies to: \_\_\_\_\_  More Referral Pads

## 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/m<sup>2</sup>
- 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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