

# Chronic Disease Management



A chronic disease is a long lasting condition that can be controlled, but not cured, and can impact on a person's wellbeing and quality of life. The Outpatient Chronic Disease Management program is aimed to help patients with chronic diseases such as pulmonary, cardiac, oncology, diabetes and arthritis to:

- Improve exercise tolerance
- Improve activity levels and function
- Enjoy improved quality of life
- Improve health management

## How it helps

Each patient is prescribed a personalised exercise program to improve exercise tolerance and to better be able to cope with the demands of everyday life. The education sessions promote self management to allow the patient to gain control of their health.

## What's involved?

The group program runs for a total of 6 weeks, 2 sessions per week, with each session being 2 hours in duration. This includes a pre-program assessment. The program consists of disease-specific education sessions and other sessions related to quality of life.

## Our multi-disciplinary team includes:

- Rehabilitation physician
- Cardiac rehabilitation nurse
- Oncology rehabilitation nurse
- Pulmonary rehabilitation nurse
- Physiotherapist
- Dietician

## Education topics covered

- Stress management
- Social support
- Medication safety
- Pacing yourself
- Disease specific topics
- Healthy diet

## How do I start?

To participate in the program, a referral from a GP or specialist physician is required. All patients will undertake a medical assessment by a rehabilitation physician prior to commencement of the program.

## Cost

The program is funded by most private health insurance funds under hospital cover. We will check your fund beforehand. DVA, Workcover and TAC may fund patients whose disease is directly related to their claims. Patients may also elect to self-fund.

## What to wear

Loose, comfortable clothing (in layers if possible)  
Comfortable walking shoes

## What to bring

- Reading glasses and hearing aids if you have them
- Anginine tablets, GTN spray or any other medication you may require
- Your cardio-card. This is a little book that holds your personal cardiac history including an ECG and current medications (if applicable)
- Blood sugar level monitoring device (if applicable)

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