

## Clinic team and contact numbers

Canberra Hospital	Switch Ph: 6244 2222
Department of Respiratory and Sleep Medicine	Ph: 6244 2066 Fax: 6244 2604
CF Respiratory Specialist	Department of Respiratory and Sleep Medicine Ph: 6244 2066
Gastroenterologist and Hepatologist	Gastroenterology and Hepatology Ph: 6244 2195
Endocrinologist	Endocrinology & Diabetes Department Ph: 6244 3794
Cystic Fibrosis Nurse	Ph: 6244 2066 respsleep@act.gov.au Mon-Thurs 8:30am-5pm
Physiotherapist	Ph: 6244 2154
Dietitian	Ph: 6244 2211
Social Worker	Ph: 6244 2316
Genetic Counsellor	Ph: 6174 7630 genetics@act.gov.au
Respiratory Scientist	Department of Respiratory and Sleep Medicine Ph: 6244 2066
Canberra Hospital Pharmacy	Ph: 6244 2532
CF ACT	Ph: 0437 485 454 info@cfact.org.au

## How to make an appointment?

Contact the Adult CF nurse  
Ph: 6244 2066  
Email: respsleep@act.gov.au

- Ask your GP to write an indefinite/ongoing referral to; Prof Mark Hurwitz  
Senior Respiratory Specialist  
Department of Respiratory and Sleep Medicine,  
Canberra Hospital
- The words “Indefinite referral” must be used in the referral letter.
- Then Fax to 02 6244 2604 or scan to: respsleep@act.gov.au

### What should I bring to the clinic?

- Medicare Card, Health Care Card or Pension Card.
- Physio device such as flutter or PEP.
- Any prescribed bronchodilators such as ventolin.
- Food, drink and entertainment for when you are waiting for clinic appointments.

#### Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



Interpreter

If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit:  
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# ADULT CYSTIC FIBROSIS CLINIC

## What is the Adult Cystic Fibrosis Clinic?

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The Canberra Adult Cystic Fibrosis (CF) clinic is an adult multidisciplinary CF clinic in ACT.

CF clinics are held Wednesday afternoon between 12:30pm-5pm at the Belconnen Community Health Centre, by appointment only.

### When you arrive:

- Check in at Reception on Level 1.
- Take the lift to Level 3 and take a seat in the waiting room.
- Please wear a facemask in the waiting room. This is to protect you from possible infections. There is a box of facemasks available near the lifts.
- The nurse will meet you in the waiting room, and then take you through to measure your weight, oxygen saturation and blood pressure, and each CF clinician will come to see you.

## What is an Annual Review?

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Each year it is recommended that you have an “annual review”. We will provide you with a timetable of tests that your team would like you to complete at this review, these tests may include;

- Blood tests
- Chest x-ray
- Oral glucose tolerance test
- Bone mineral density test
- Full respiratory and exercise test.

Most of these tests will be done at Canberra Hospital, and can be completed in a single visit. The results will be reviewed by the team at your next CF clinic appointment.

## What happens if I need to be admitted to hospital?

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If you are admitted to hospital, where possible you will be allocated a single room. You need to bring your own supply of Pulmozyme®, your PEP/Flutter, mouthpiece and enough Creon®, or any of your other required medications for a few days.

### Adult CF Team

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**Doctors:** A Respiratory Specialist, Gastroenterologist and Endocrinologist will review your health status, adjust and explain your treatments and write your required prescriptions.

**Respiratory Scientist:** will measure your lung function.

**Dietitian:** will provide a nutrition assessment and advice on nutritional requirements, pancreatic enzymes and vitamin/mineral and nutritional supplementation.

**Physiotherapist:** can discuss your physiotherapy and home exercise regime, including the use of inhaled medications.

**CF nurse:** will co-ordinate your clinic appointments, help you organise your scripts, annual reviews, hospital admissions and home treatments. You can also contact the nurse for test results.

**Social Worker:** can provide advice and assistance with personal/family, social, or financial issues you may encounter.

## What is the Australian Cystic Fibrosis Data Registry?

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You may be asked for consent to contribute to the Australian Cystic Fibrosis Data Registry. This registry is used for research purposes. Refer to [www.cysticfibrosis.org.au](http://www.cysticfibrosis.org.au) to see previously published Data Registry reports.

## How do I get there?

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### Belconnen Community Health Centre

Corner of 56 Lathlain St and Cohen St, Belconnen ACT 2617

Belconnen Community Health Centre is located next to the Belconnen bus interchange and opposite Onya Bikes.

### Parking

- There is 3 hour free parking underneath the Health Centre, however this parking area is patrolled and your appointment may go longer than three hours.
- There is additional parking across from the Health Centre which is paid parking.
- Parking can be difficult to find. Please allow enough time to find a park.
- Parking can be paid using coins, credit card or you can also download the parking app.

