

# PDC HEALTH HUB

## Referral Directory



**DIABETES  
EDUCATION**



**DIETITIAN**



**EXERCISE  
PHYSIOLOGY &  
PHYSIOTHERAPY**



**ACCREDITED  
PHARMACISTS**



**PODIATRY**



**PEER SUPPORT  
AND ADVOCACY**

A multidisciplinary, community-based allied health service founded in 2015 to cater for the needs of people living with all types of diabetes and other chronic health conditions.

Please contact [lauren@pdchealthhub.com.au](mailto:lauren@pdchealthhub.com.au) should you require any further information, a team member to attend for an information session, or you require an electronic referral form to upload to your practice software.

**HQ: East Victoria Park**, plus mobile locations:

**Midland - Murdoch - Palmyra - Canning Vale - Joondalup - Kalamunda - Bedford - Queensgate  
+ Telehealth**



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Registered NDIS Provider

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5. Exercise Physiology and Physiotherapy
6. Sleep Clinic
7. Peer Support

Clinic contact details



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## DIABETES EDUCATION

- Type 1, Type 2, LADA, GDM and MODY support
- Newly diagnosed patients
- Insulin initiation and support
- Insulin pump starts
- Diabetes and pregnancy clinic
- Diabetes self-management
- Technology support and equipment upgrades
- Plans surrounding illness, travel and driving



## DIETITIAN

- Diabetes support
- Carbohydrate counting
- Heart disease
- High cholesterol
- High blood pressure
- Coeliac Disease
- FODMAPs
- Food intolerances and allergies
- Gastrointestinal conditions
- Inflammatory Bowel Disease, IBS
- Shopping tours (individual/group)
- Weight loss and management
- PCOS



## EXERCISE PHYSIOLOGY & PHYSIOTHERAPY

- Individualised, safe programs for diabetes, musculoskeletal, cardiovascular, respiratory and other chronic conditions
- Workers compensation
- Monitored gym sessions
- *Exercise Right for Active Ageing* provider
- Group exercise programs
- Injury management
- Chronic pain management
- Getting Active with T2D program



## PODIATRY

- Diabetes foot assessment
- Photoplethysmography (PPG) and toe blood pressure
- ABI and TBI machine testing
- Compression therapy
- Preventative treatment
- Fungal nail treatment
- Ingrown toenail surgery
- Custom orthotics
- Wart treatment
- Assessment of leg, ankle & foot pain



## ACCREDITED PHARMACISTS

- Home Medicines Reviews (HMR)
- Prescriptions, medications and wellbeing items
- NDSS products
- Provide advice on medication safety
- Home sleep studies
- Sleep health support



## PEER SUPPORT & ADVOCACY

- PDC Collective: Peer support group for people living with all types of diabetes
- PDC Mums & Bumps: Peer support group for women living with diabetes who are planning pregnancy, pregnant or post-partum
- Community educational events and awareness
- Lived experience and advocacy team
- Western Australian Diabetes Lions Club - A speciality Lions club



## Multidisciplinary case conferences available with PDC Health Hub



Patients with a chronic or terminal medical condition requiring care or services from their usual GP and at least two other health or care providers are eligible for a case conference service.

Your patients may be eligible for the case conference service if they see one of our allied health team. All that is required is an active care plan.

The patient does not have to be present at a case conference, though in some cases their presence may be appropriate.

A case conference can occur face-to-face, by phone or by video conference, or through a combination of these.

## About us

PDC Health Hub provides multidisciplinary allied health services that include: Diabetes Education, Dietitian Services, Exercise Physiology, Physiotherapy, Pharmacy and Podiatry services.

✉ [admin@pdchealthhub.com.au](mailto:admin@pdchealthhub.com.au)

🌐 [www.pdchealthhub.com.au](http://www.pdchealthhub.com.au)

☎ 08 6110 0570

The case conference **billing code 739 (Fee: \$141.05 Benefit: 75% = \$105.80 100% = \$141.05)** for a 20 minute case conference and can be done once every 3 months if required.



# PDC Clinic Locations

<b>East Victoria Park - Headquarters</b> 968b Albany Highway East Victoria Park	Diabetes Educators Dietitians, Podiatry, Pharmacy, Exercise Physiology, Physiotherapy, Sleep Clinic
<b>Murdoch Square</b> Suite 305, Level 3, Murdoch Square, 44 Barry Marshall Parade, Murdoch	Diabetes Educators Nurse Practitioner
<b>Palmyra - Inside 4 Antony Healthcare</b> 4 Antony Street, Palmyra	Diabetes Educators Dietitians
<b>Queensgate Specialist Centre</b> Suite 11, 2nd Floor, 2 Queensgate Dr, Canning Vale	Diabetes Educators
<b>Joondalup Health Hub</b> 1 The Gateway. Edgewater	Diabetes Educators
<b>Bedford - Inside the Pharmacy</b> Shop 11, 215 Grand Promenade, Bedford	Diabetes Educators Dietitians
<b>Kalamunda - Inside Barberry Square Shopping Centre</b> Shop 6, 12 Barber Street, Kalamunda	Diabetes Educators Dietitians Exercise Physiology Podiatry
<b>Midland - Inside Midland Medical Specialists</b> Suite 6. Level 1/81 Yelverton Dr, Midland	Diabetes Educators Dietitians
<b>Canningvale</b> 98 Waratah Blvd, Canningvale	Diabetes Educators

Telehealth with Coviu





# Introducing our patient support team



*Cettina*

## **Operations Manager**

Cettina oversees all PDC Health Hub operations and administration tasks to ensure a smooth, high quality experience for clients and staff alike. She manages the administration & client support team, ensures compliance with company policies and procedures, manages internal communications and correspondence with GP clinics and other third parties.



*Cettina, Nicola, Kylie, Willow & Michelle*

## **Administration & Client Support**

In their administration and client support roles, Cettina, Nicola, Kylie, Willow & Michelle are often the first faces clients see and they are all an integral part of the PDC Health Hub team. They assist with scheduling and bookings, a range of clerical tasks and supporting efficient operations at all of our clinics.





# Introducing our Health Promotion, Communications & Advocacy team



*Lauren*

**Health Promotion & Communications Manager**

Lauren drives the vision and strategic initiatives of PDC Health Hub, leading major events, advocacy projects, stakeholder engagement, and peer support programs. Her focus includes liaising with research organisations, knowledge sharing, coordinating PDC's presence at conferences, serving as PDC's advisory committee secretariat, and driving PDC's strategy planning. Lauren also mentors and coordinates the PDC Health Promotion, Communications & Advocacy team, ensuring programs, content, and initiatives are delivered effectively, inclusively, and innovatively. As a person living with type 1 diabetes, she brings authentic lived experience to her leadership, ensuring PDC's work remains evidence-based, community-focused, and impactful for people living with diabetes.



*Tayla*

**PDC Collective Chair and Care Coordinator**

Tayla, who lives with type 1 diabetes, is our passionate and dedicated chairperson of the PDC Collective. She plans and coordinates regular educational and awareness-raising events for the T1D community. Tayla is also a nurse and studying to become a Diabetes Educator. She works tirelessly with community partners to raise awareness of diabetes and its impact on individuals and families, advocates for the needs of the diabetes community and provides support to people living with diabetes and their families.



*Lucy*

**Community Impact & Content Coordinator**

Lucy leads the development of community-focused diabetes resources and oversees PDC's community events, Ambassador Program, Pay It Forward initiative, and Brand Affiliate Program. She also manages PDC's community-based social media content, ensuring our messages are engaging, accurate, and aligned with our values. Lucy brings valuable lived experience as a person living with type 1 diabetes, strengthening her connection with the community and the authenticity of her work.



*Emily*

**PDC Mums & Bumps Clinic Communications & Community Connections**

Emily oversees clinical content development across PDC Health Hub, including social media education, community-facing resources, and patient information. She leads the PDC Mums & Bumps peer support program and drives quality improvement initiatives across the service. As a person living with type 1 diabetes, Emily brings valuable insight and authenticity to her work, ensuring our communications and programs are evidence-based, inclusive, and grounded in lived experience.



# Diabetes Education:

## Our services and practitioners



### Teresa Di Franco

Director  
Credentialed Diabetes Educator  
Certified Pump Trainer

- Type 1 Diabetes
- Type 2 Diabetes on MDI therapy
- Insulin start and stabilisation
- Non-insulin injectables
- Insulin Pump start, review and upgrades
- Ongoing insulin pump support
- Continuous Glucose Monitors (CGM)
- *Locations: East Vic Park, Kalamunda, Palmyra, Midland, Murdoch, Joondalup, Telehealth*



### Jeffery Au

Director  
Credentialed Diabetes Educator  
Certified Pump Trainer

- Type 2 Diabetes
- Type 2 Diabetes on MDI therapy
- Type 1 Diabetes
- Insulin start and stabilisation
- Non-insulin injectables
- DVA provider
- *Locations: East Vic Park, Kalamunda, Palmyra, Midland, Canning Vale, Queensgate, Bedford, Joondalup, Telehealth*



### Kate Nell

Credentialed Diabetes Educator  
Nurse Practitioner

- Type 1 Diabetes
- Type 2 Diabetes
- Insulin start and stabilisation
- Non-insulin injectables
- Preconception Counselling
- Diabetes in Pregnancy Management
- Complication screening
- *Locations: East Vic Park, Murdoch, Telehealth*



### Caitlin Parker

Credentialed Diabetes Educator  
Accredited Practising Dietitian

- Type 2 Diabetes
- Insulin start and stabilisation
- Non-Insulin Injectables
- Carbohydrate Counting
- Diet and Diabetes
- Diabetes in Pregnancy Management
- *Locations: East Vic Park, Telehealth*



### Kartier Falkenberg

Credentialed Diabetes Educator  
Pharmacist

- Type 1 Diabetes
- Type 2 Diabetes
- Insulin start and stabilisation
- Non-Insulin Injectables
- Carbohydrate Counting
- Sleep Apnoea
- *Locations: East Vic Park, Kalamunda, Telehealth*



### Alison Kane

Registered Diabetes  
Nurse Educator

- Type 2 Diabetes
- Insulin start and stabilisation
- Non-Insulin Injectables
- Carbohydrate Counting
- Sleep Apnoea
- *Locations: Joondalup, East Vic Park, Telehealth*



# Diabetes & pregnancy clinic at PDC

## Preconception

counselling  
and support

## Support

for existing diabetes  
(T1 & T2), and  
gestational diabetes

## Preparing

for a healthy  
baby and  
pregnancy

Enjoy continuity of care and expert knowledge from our highly experienced Credentialed Diabetes Nurse Practitioner and our Credentialed Diabetes Educator Dietitian, who coordinate our diabetes and pregnancy care.





# Dietetics:

## Our services and practitioners



### Caitlin Parker

Accredited Practising Dietitian  
Credentialed Diabetes Educator

- Type 2 Diabetes
- Insulin start and stabilisation
- Non-Insulin Injectables
- Carbohydrate Counting
- Diet and Diabetes
- Diabetes in Pregnancy Management
- *Locations: East Vic Park, Telehealth*



### Lisa Goldsworthy

Accredited Practising Dietitian

- Diabetes
- Chronic disease
- Coeliac Disease
- Carbohydrate counting
- Managing food intolerances
- *Locations: East Vic Park, Palmyra, Murdoch, Telehealth*



### Christie Lee

Accredited Practising Dietitian

- Diabetes
- Chronic disease
- Oncology
- Renal nutrition support
- Fluent in Cantonese and Mandarin
- *Locations: East Vic Park, Bedford, Telehealth*





# Podiatry:

## Our services and practitioners



Karen Lyra  
Senior Podiatrist



Damyn  
Packwood-Tuhakaraina  
Podiatrist

- 
- Diabetes foot assessments
  - Foot and lower limb injuries
  - Treatment of specific conditions
  - Prefabricated or custom orthotics
  - Footwear advice/education
  - General foot care
  - Pre-fabricated or custom orthotics
  - Musculoskeletal conditions of the foot & ankle
  - Preventative measures
  - Nail surgery
  - Thick and ingrown toenails
  - Medical pedicure
  - Imaging review
  - Fungal problems and plantar warts
  - Children's foot problems
  - Compression therapy

*NDIS Providers*

*DVA Providers*

*Accept care plan referrals & private health*

*Karen can be seen at either East Victoria Park or Kalamunda. Damyn is available at our East Victoria Park clinic.*





# PODIATRY SERVICES AVAILABLE AT PDC HEALTH HUB

## Benefits of seeing a Podiatrist

A podiatrist can help to improve your mobility and independence through prevention and management of foot problems. The conditions that a podiatrist will treat can include bone and joint disorders, skin, muscular, nerve and circulation problems of the feet.

## Podiatry services

- Diabetes risk assessments
- ABI and TBI assessments using MESI diagnostics machine
- Foot and lower limb injuries
- Treatment of specific lower limb conditions
- Prefabricated or custom orthotics
- Footwear advice/education
- Compression therapy
- General foot care and aching feet
- Preventative measures
- Nail surgery
- Ingrown toenails
- Fungal problems
- Wart treatment
- Children's foot problems and advice
- Infections
- Musculoskeletal conditions of the foot and ankle
- X-ray imaging reviews



## What happens in an appointment?

All podiatry visits are personalised to suit your needs. The podiatrist will ask you a number of questions relating to your visit and will assess your feet and legs. Specific treatments may also be performed depending on the issue(s) presented.

For those that live with diabetes, our podiatrist will carry out an assessment and ask specific questions in relation to your circulation and nerve function in your feet.

## No referral required.

Fees and rebates vary according to your situation and what you may be eligible to access.



# PPG @ PDC:

## PHOTOPLETHYSMOGRAPHY



## Toe blood pressure

**PDC Health Hub is one of the few community-based private clinics offering this service.**

Photoplethysmography (PPG) enables our Podiatrist to complete a profile of your circulation. This profile along with 5 other tests, and additional clinic assessments, combine to cover a comprehensive review of your current foot health status. It can be recorded, re-performed and compared annually.

Additionally, we're excited to share that PDC Health Hub has introduced the **MESI mTABLET for advanced vascular assessments** in our Podiatry clinic.

### **Key benefits for your patients:**

- Quick, accurate assessments: The MESI mTABLET provides fast and reliable ankle-brachial and toe-brachial index measurements, crucial for detecting peripheral artery disease (PAD).
- Immediate results: Patients receive instant results during their appointment, enabling immediate discussion and understanding of their vascular health.

With this innovative device, we're committed to providing top-notch care and accurate diagnoses to ensure the best outcomes for your patients. Referring them to us means they'll receive prompt and thorough vascular health assessments.

Thank you for considering PDC Health Hub for your podiatry referrals.





# PDC Fitness Hub:

## Our services and practitioners



Cameron Grice

Accredited Exercise Physiologist

- Chronic/complex condition management and support
- Balance training
- Cancer support and management
- Healthy aging
- Cardiac rehabilitation
- *Locations: East Vic Park, Telehealth*



Heilam Lui

Accredited Exercise Physiologist

- Musculoskeletal disorders/injuries
- Rehabilitation
- Womens health
- Chronic condition management and support
- *Locations: East Vic Park, Telehealth*



Whitney Van Wyk

Physiotherapist

- Acute injury management
- Sport injury management
- Injury prevention
- Soft tissue trigger point release
- Musculoskeletal injuries/disorders
- Clinical Pilates
- *Locations: East Vic Park, Telehealth*



Timmy Stevens

Accredited Exercise Physiologist

- Chronic condition management and support
- Injury prevention
- Musculoskeletal injuries/disorders
- *Locations: East Vic Park, Telehealth*



Chhaya Sharma

Physiotherapist

- Musculoskeletal injuries/disorders
- Clinical Pilates
- Falls prevention
- Post-op rehabilitation
- Aged care
- Soft tissue trigger point release
- *Locations: East Vic Park, Telehealth*

# Clinical Pilates at PDC

*Led by qualified Physiotherapists*

Clinical Pilates is a type of exercise therapy that is used to **improve strength, flexibility, posture, and core stability**. It is a form of exercise that is often used to help people recover from injuries or to manage chronic pain conditions. Clinical Pilates is different from traditional Pilates in that it is supervised by a qualified Physiotherapist. This allows the exercises to be tailored to your specific needs and goals.

**At PDC, an initial 1-hour assessment will be completed by the Physiotherapist. This session is used to gauge your fundamental stability, flexibility, movement restrictions, movement patterns and balance and coordination. The Physiotherapist will consider your medical history, previous musculoskeletal injuries and chronic conditions to successfully formulate a program that is addressing your individual needs. You will then commence with the classes facilitated by a Physiotherapist or Exercise Physiologist. During classes, your program will be overseen by our team, and you will receive guidance on how to use all equipment safely.**



Programs will be adjusted as identified and progressed when you have achieved your initial goal.

## **Equipment at PDC:**

- Trapeze table – The trapeze table is an excellent tool to address stiffness of any joint.
- Reformer – The reformer is a popular, well known Pilates tool that assists with building core strength, joint control and stability.
- Wunder chair – The wunder chair is fantastic for lower limb strengthening, especially the hip.

All three pieces of equipment will be used in conjunction with each other to provide a holistic approach and make movement easy, pain free and most importantly improve overall feeling of strength and control.

## **Clinical Pilates can be beneficial for a variety of conditions, including:**

- Back pain
- Neck pain
- Shoulder pain
- Hip pain
- Knee pain
- Osteoarthritis
- Pelvic floor dysfunction
- Scoliosis

## **Benefits of clinical Pilates include, but are not limited, to:**

- Improved strength and flexibility
- Improved posture and core stability
- Reduced pain
- Improved balance and coordination
- Improved functional movement
- Improved quality of life

If you are looking for a safe and effective way to improve your overall health and well-being, clinical Pilates may be a good option for you.

# Compex Muscle Stimulation

**Unlock faster recovery and enhanced performance with *Compex Muscle Stimulation* at PDC Health Hub!**

Physiotherapy is all about empowering you to move better, feel better, and reach your full potential. At PDC Health Hub, we leverage the latest advancements in rehabilitation technology to accelerate your journey towards optimal health. One of our most powerful tools? Compex muscle stimulation.

## What is Compex Muscle Stimulation?

Imagine a tiny personal trainer nestled within a portable device.

That's essentially what Compex is! It utilises low-level electrical currents to mimic the signals your brain naturally sends during exercise, triggering targeted muscle contractions. Originally developed for medical rehabilitation, Compex has become a cornerstone in the physiotherapy world.



## How does Compex work?

Think of a relay race. In regular exercise, your brain sends the "go" signal to motor neurons, which then activate your muscles. Compex bypasses this step, directly stimulating the motor neurons for deeper muscle engagement and a more efficient workout (think supercharged physiotherapy!).

## The Benefits of Compex Muscle Stimulation.

Compex offers a range of benefits that can elevate your physiotherapy experience:

- **Faster recovery:** The gentle muscle contractions induced by Compex improve blood flow, accelerating the removal of waste products and delivering essential nutrients for repair. This translates to reduced muscle soreness and a faster recovery process, allowing you to bounce back from injuries or surgery quicker and get back to doing what you love.
- **Enhanced strength and endurance:** Compex activates a greater number of muscle fibres compared to traditional exercise alone. This translates to significant gains in strength, power, and muscle size, allowing you to rebuild muscle tissue after injury or work towards improved athletic performance.
- **Pain management:** Compex can be used to target specific nerve pathways, providing temporary relief from acute and chronic pain. This allows you to focus on rehabilitation exercises with greater comfort and can expedite your overall recovery timeline.
- **Improved muscle control and coordination:** Compex helps re-educate your neuromuscular pathways, promoting better muscle control and coordination. This is particularly beneficial for individuals recovering from neurological conditions or injuries that have impacted their movement patterns.

**Experience the Difference!** Whether you're recovering from an injury, seeking to enhance your athletic performance, or simply want to manage pain and improve muscle function, Compex muscle stimulation can be a valuable tool in your physiotherapy journey.

Contact PDC Health Hub today to schedule a consultation and experience the power of Compex muscle stimulation!

# Onsite rehab gym

Catering for all individuals, goals and/or health conditions



PDC  
FITNESS HUB

# PDC Fitness Hub

PREMIUM SMALL GROUP CLASSES AVAILABLE @ PDC FITNESS HUB



## PDC Power Hour

- A supervised small group class where you will undertake an individualised exercise program developed by you and your Exercise Physiologist to achieve your health and fitness goals.
- Classes are guided by the Exercise Physiologists to ensure correct technique and exercise intensity for your safety.

## Circuit Central

- A circuit based group exercise class with a cardio focus. The workouts include both aerobic and resistance training to have you feeling energised and strong.
- This class aims to boost cardiovascular endurance and full body muscular strength. With different exercise combinations in every session, you are assured to be challenged and engaged!

## Body Balance

- This group exercise class is designed to enhance balance and lower body strength, helping to maintain bone density/reduce the risk of falls and support your long-term independence. Through this class, you can build confidence in movement, improve and challenge your balance/balancing skills.

## Active 8

- A PDC initiative to get you safely exercising with diabetes and learning to manage your blood sugar levels.

## Mobility Matters (45min class)

- A mobility-based exercise class designed to improve range of movement, flexibility and stability.
- The focus of slow and controlled positions and movement done in this class is to increase range of motion in joints, reducing muscle tension and soreness.

## Hydrotherapy

- This low-impact 1:1 exercise class is ideal for anyone with joint pain, arthritis, or other mobility concerns, all while enjoying the therapeutic benefits of warm water with an individualised exercise program designed to help you achieve your goals.
- Whether you're recovering from an injury or looking for a gentle workout, hydrotherapy can help you improve your overall fitness and wellbeing.



# Movement is Medicine!

## Type 2 Diabetes

### 8-week Exercise and Education Program



Weekly Exercise Physiologist led group exercise classes, followed by allied health led education sessions for diabetes care and management.  
Program includes access to 2 x free CGM sensors for participants.

#### Program benefits:

- **Receive an individualised exercise program**
  - Tailored for optimal health and improved quality of life.
- **Allied Health clinician engagement**
  - Expert guidance through targeted educational sessions.
- **Safe group setting for people living with T2D**
  - Join a supportive community for shared motivation & encouragement.
- **CGM sensor trials**
  - Exclusive opportunity to access real time glucose tracking and management
- **Reflective learning**
  - Learn the positive impact of exercise, diet, and medicine for diabetes care.

#### Referral Pathway:

Step 1

Obtain clearance from your GP to exercise and request that they complete the attached Medicare T2D referral (group allied health services)

Step 2

Our client liaison team will call you to book in or you can call 08 6110 0570 to secure your preferred intake date

Step 3

Undergo an assessment with one of our Exercise Physiologists prior to commencing the program



## Referral form for Group Allied Health Services under Medicare for patients with type 2 diabetes

Note: GPs can use this form issued by the Department of Health or one that contains all of the components of this form.

PART A – To be completed by referring GP (tick relevant boxes):

- Patient has type 2 diabetes AND either
- GP has prepared a new GP Management Plan (MBS item 721) OR
- GP has reviewed an existing GP Management Plan (MBS item 732) OR
- for a resident of a residential aged care facility, GP has contributed to or reviewed a care plan prepared by the residential aged care facility (MBS item 731) [Note: Residents of residential aged care facilities may rely on the facility for assistance to manage their type 2 diabetes. Therefore, residents may not need to be referred for allied health group services as the self-management approach may not be appropriate.]

**Note:** GPs are encouraged to attach a copy of the relevant part of the patient's care plan to this form.

Please advise patients that Medicare rebates and Private Health Insurance benefits cannot both be claimed for this service

GP details

Provider Number

Name

Address  Postcode

Patient details

First Name  Surname

Address  Postcode

Note: Eligible patients may access Medicare rebates for **one** assessment for group services in a calendar year. Indicate the name of the practitioner (diabetes educator, exercise physiologist or dietitian), or the allied health practice, you wish to refer the patient to for this assessment. The assessment must be done before the patient can access group services.

Allied Health Practitioner (or practice) the patient is referred to for assessment:

Name of AHP or practice

Address  Postcode

Referring GP's signature  Date

PART B – To be completed by allied health provider (AHP) who undertakes assessment service:

Eligible patients may access Medicare rebates for **up to 8** allied health group services in a calendar year.

Group size must be between 2 and 12 persons.

Indicate the name of the provider/s, and details of the group service programme.

Name of provider/s:

Name of programme:

No. of sessions in programme:

Venue (if known):

Name of referring AHP:  Signature and date

Allied health providers must provide, or contribute to, a **written report** to the patient's GP after the assessment service and at completion of the group services programme. Allied health providers should retain a copy of the referral form for record keeping and Department of Human Services (Medicare) audit purposes. Allied health services funded by other Commonwealth or State/Territory programmes are not eligible for Medicare rebates under these items, except where the service is operating under sub-section 19(2) arrangements.

**THIS FORM DOES NOT HAVE TO ACCOMPANY MEDICARE CLAIMS**



# Pharmacy & Sleep Clinic

information and  
referral pathways





# Pharmacist Team



**Teresa Di Franco**

Director PDC Health Hub & Pharmacy 777  
Credentialed Diabetes Educator  
Pharmacist



**Jeffery Au**

Director PDC Health Hub & Pharmacy 777  
Credentialed Diabetes Educator  
Pharmacist



**Kelly Liu**

Pharmacist  
Home Sleep Study Services  
Vaccinations



**Billy Bryan**

Pharmacist  
Home Sleep Study Services  
Vaccinations



# Sleep apnoea: are your patients at risk?



## Do they experience any of the following?

- ✓ Snoring?
- ✓ Choking or gasping during sleep?
- ✓ Regularly "nod off" when seated?
- ✓ Feeling tired during the day?
- ✓ Morning headaches?
- ✓ Waking with a sore throat?

They may suffer from *Sleep Apnoea*.

## Talk to us about getting a referral for our sleep clinic.

PDC have sleep health pharmacists available for home sleep-studies and ongoing sleep health management.



1 in 4 adult Australians are at risk of having Sleep Apnoea yet 80% are undiagnosed.



63% of Sleep Apnoea patients have been shown to suffer from depression.



Sleep Apnoea increases the risk of stroke by 60%. It can also increase the risk of developing diabetes by up to 63%.



Sleep Apnoea increases the risk of coronary heart disease by 30% and heart failure by 140%. International guidelines now recognise Sleep Apnoea as one of the most common risk factors of resistant hypertension.



**P** (08) 6110 0570

**W** [www.pdchealthhub.com.au](http://www.pdchealthhub.com.au)

# Referral Pathway Options to PDC Health Hub

## SLEEP APNOEA CLINIC



**1 in 4 adult Australians are at risk of having OSA yet 80% are undiagnosed.**



**OSA increases the risk of stroke by 60%. It can also increase the risk of developing diabetes by up to 63%.**



**63% of OSA patients have been shown to suffer from depression.**



→ Refer your patient for a sleep study

Your patient attends for a sleep apnoea clinic consultation and undergoes a sleep study

→ An independent Sleep Physician will review the study results, provide a diagnosis and recommendations for your patient

→ Your patient will receive ongoing treatment, support and coaching from our sleep apnoea clinic staff

Your patient will commence any recommended treatment

**Please note:** a credit card may be required to cover a fully refundable security deposit for the device.



# PDC Health Hub

## return slip

GP Referral forms - soft copy  
rtf. / Best Practice format

Flyers

- Diabetes Education
- Dietitian
- Podiatry
- Exercise Physiology
- Physiotherapy
- Sleep Clinic
- Peer Support

Information session

Preferred topic: \_\_\_\_\_

Join our mailing list to stay up to date with what's happening at  
PDC Health Hub and what services we can help with:

Email: \_\_\_\_\_

*Please kindly email or fax this slip back to us.*

