

SPIROMETRY REFERRAL FORM
COPD/ASTHMA/OTHER SCREENING

APPT DATE: _____ TIME: _____

PATIENT NAME: _____ DOB: _____

PHN: _____ PHONE: _____

DIAGNOSIS: _____

TRANSLATION SERVICE REQUIRED? YES / NO SPECIFY _____

INFECTION PRECAUTIONS? YES/NO SPECIFY _____

Date: _____ Ordering physician _____

CC: _____ Family physician: _____

CC _____ Billing number: _____

SPIROMETRY (check required test)

SUGGESTED INITIAL TESTING (Confirmation Of Diagnosis)

- Pre and Post bronchodilator
Includes flow/volume loops

FOR FOLLOW UP

- Simple spirometry, no bronchodilator
Includes flow/volume loops

*If more detailed testing is required, please refer to the respiratory services outpatient requisition

Physician Signature: _____

PATIENT INSTRUCTIONS What do I have to do before this test?

- Please arrive 15 minutes prior to your appointment
- Avoid a heavy meal 2 hours prior to test
- Avoid smoking 4 hours before a test
- Avoid vigorous exercise 1 hour before a test
- Avoid alcohol 4 hours prior to test
- Avoid wearing clothing that restricts the chest and abdomen
- Do not wear fragranced products (perfume, cologne, shower gels etc)

Withhold medications (if possible) as follows:

Short Acting Inhalers	Ventolin, Salbutamol, Bricanyl, Airomir, Berotec	4 hours before test
Medium Acting Inhalers	Atrovent	4 hours before test
Long Acting Inhalers	Oxeze, Serevent, Symbicort, Advair, Foradil Spiriva, Singulair, Accolate	12 hours before test
Theophylline Therapy	Once daily	12 hours before test
Inhaled Steroids	Flovent, Pulmicort, QVAR, Beclomethazone	Take as usual

SITE	Drop In	ADDRESS PHONE NUMBER	CLINIC/LAB HOURS	BOOKING INFORMATION	SITE	Drop In	ADDRESS PHONE NUMBER	CLINIC/LAB HOURS	BOOKING INFORMATION
Abbotsford Regional Hospital and Cancer Center (ARHCC)	No	32900 Marshall Road Abbotsford, BC V2S 0C2 P: 604 851 4700 x 642328	Tuesday – Friday 0800-1700	FAX requisition to 604-851-4852	Lion's Gate Hospital Pulmonary Function Lab	No	231 East 15th Street North Vancouver B.C. V7L 2L7 P: 604-984-5888	Monday – Friday 0800 – 1700	FAX requisitions to 604-984-3766
Burnaby Hospital	No	3935 Kincaid St Burnaby BC V5G 2X6 P: 604-431-2839	PF LAB Mon-Fri 0700-1600 Spirometry Clinic M,T,F 0900-1400 W,Th 0900-1800	Phone to book appointment 604-431-2839	Lion's Gate Hospital Portable Clinic	No	c/o 231 East 15 th Street North Vancouver B.C. V7L 2L7 P: 604-984-5888	RT available to test in GP offices 1 day/week	Barb Moore, RRT: 604-988-3311 ext. 4954
Chilliwack General Hospital	No	45600 Menholm Road Chilliwack, BC V2P 1P7 P: 604-795-4141 x 614254	Monday – Friday 0800-1600	FAX requisition to 604-795-4161	Mount St Joseph Hospital	No	3080 Prince Edward St. Vancouver, BC V5T 3N4 P: 604-877-8528	Monday – Friday 0900 – 1700	FAX requisitions to central fax number, 604-806-8544
Delta Hospital	No	5800 Mountain View Blvd Delta, BC V4K 3V6 P: 604-946-1121x 3523	Monday – Friday 0900-1600 Occasional Saturdays and evenings	FAX requisition to 604-952-7353	Richmond Hospital	No	7000 Westminster Highway Richmond, BC V6X 1A2 FAX 604-244-5274	Tuesday – Friday 0800 – 1700	Phone to book appointment P: 604-244-5124
Eagle Ridge Hospital	No	475 Guildford Way Port Moody, BC V3H 3W9 P: 604-469-3175	2 appointments daily Mon - Fri	FAX requisition to 604-469-3220	St Paul's Hospital	No	1081 Burrard St. Vancouver, BC V6Z 1Y6 P: 604-806-8333	Monday – Friday 0800 – 1600	FAX requisitions to central fax number, 604-806-8544
					St Paul's Hospital Drop in Sessions	YES	1081 Burrard St. Vancouver, BC V6Z 1Y6 P: 604-806-8333	Monday – Friday 1245 – 1530	Drop in Only – please bring requisition form
Langley Memorial Hospital	No	22051 Fraser Hwy Langley, BC V3A 4H4 P: 604-514-6081	Monday-Thursday 1100-1430 Fri 0800-1430	FAX requisition to 604-533-6454	UBC Hospital	No	Koerner Pavilion S103 2 nd Floor 2211 Westbrook Mall Vancouver BC V6T 2B5 F: 604-822-7903	Tuesday – Thursday 0830 – 1800	Phone to book appointment P: 604-822-7255
Mission Memorial Hospital	No	7324 Hurd Street Mission, BC V2V 3H5 P: 604-814-5176	Monday – Friday 1000-1500	FAX requisition to 604-820-8730	UBC Drop in Business hours	YES	Koerner Pavilion S103 2 nd Floor 2211 Westbrook Mall Vancouver, BC V6T 2B5 P: 604-822-7903	Monday – Friday 0800 – 1600	Drop in – please bring requisition form
Peace Arch Hospital	No	1552 Russell Ave White Rock, BC V4B 2R4 P: 604-535-4500 x 757226	Monday-Friday 0800-1630	FAX requisition to 604-541-5867	UBC Drop in After hours, weekends	YES	Urgent Care Centre 2211 Westbrook Mall Vancouver, BC V6T 2B5	Monday – Friday 1600 – 2100 Saturday & Sunday 0800 – 2100	Drop in – please bring requisition form
Ridge Meadows Hospital	No	11666 Laity Street Maple Ridge, BC V2X 7G5 F: 604-463-1887	Monday - Friday 0700 - 1900	Phone 604-463-1820 to book appointments	VGH Lung Center Spirometry Drop In	YES	Gordon & Leslie Diamond Health Care Centre, 7 th Floor 2775 Laurel St. Vancouver, BC V5Z 1M9 P: 604-875-4324 F: 604-875-4695	Tuesday – Friday 0830 – 1200 1230 – 1600	Drop in only – please bring requisition form
Royal Columbian Hospital	No	330 E Columbia Street New Westminster, BC V3L 3W7 P: 604-520-4035	Mon- Th 0630-1900 Fri 0630-1700 Some Saturdays and Sundays 0700-1900	FAX requisition to 604-520-4910	VGH Pulmonary Function Lab Drop in Sessions	YES	Centennial Pavilion Ground Floor 899 West 12 th Ave. Vancouver, BC V5Z 1M9 P: 604-875-4830 F: 604-875-5695	Drop in ONLY: Mon 1230 – 1530 Wed 0930 – 1200	Drop in only - please bring requisition form
Surrey Memorial Hospital Charles Barham Pavilion Enter from 94A Ave	No	13750 96 Avenue Surrey, BC V3V 1Z2 P: 604-585-5970	Mon-Fri 0800-1800 Some Saturdays 0830-1600	FAX requisition to 604-585-5922	VGH Pulmonary Function Lab	No	Centennial Pavilion G-Floor 899 West 12 th Ave. Vancouver, BC V5Z 1M9 P: 604-875-4830 F: 604-875-5695	Monday – Friday 8:00 – 1700	Phone to book appointment P: 604-875-5695

Pulmonary rehabilitation significantly improves dyspnea, exercise endurance, quality of life and risk of hospitalizations following AECOPD. All Lower Mainland rehab programs provide comprehensive self management education and supervised exercise programs.

Speciality COPD Clinics provide a multi disciplinary assessment and treatment plan for suspected or confirmed COPD patients. These clinics include Respiriologist consult and self management education.

Locations

Booking & Contact Info

Services Available

Vancouver

<input type="checkbox"/> Vancouver General Hospital	FAX requisition to 604-875-5695 Phone: 604-875-4830	Pulmonary Rehabilitation Maintenance Exercise
<input type="checkbox"/> The Lung Centre Vancouver General Hospital	FAX requisition to 604-875-4695 Phone: 604-875-4122	COPD Clinic (includes Respirologist consult and Self Management Education)
<input type="checkbox"/> St. Paul's Hospital	FAX requisition to 604-806-9143 Phone: 604-806-8115	Pulmonary Rehabilitation Maintenance Exercise
<input type="checkbox"/> St. Paul's Hospital Education Centre	Fax requisition to 604-806-8544 Phone: 604-806-8808	Self Management Education Smoking Cessation Counselling
<input type="checkbox"/> Pacific Lung Health Centre St. Paul's Hospital	FAX requisition to 604-806-8839 Phone: 604-806-8818	COPD Clinic (includes Respirologist consult and Self Management Education)
<input type="checkbox"/> Kerrisdale Community Centre	FAX requisition to 604-267-3993 Phone: 604-267-4430	Pulmonary Rehabilitation Maintenance Exercise
<input type="checkbox"/> West End Community Centre	FAX requisition to 604-806-8839 Phone: 604-806-8818	Maintenance Exercise only

North Shore

<input type="checkbox"/> Lions Gate Hospital	FAX requisition to: 604:984-3766 Phone: 604-984-5888	Self Management Education Pulmonary Rehabilitation Maintenance Exercise COPD Clinic (includes Respirologist consult and Self Management Education) Smoking Cessation Counselling
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Richmond

<input type="checkbox"/> Garratt Wellness Centre	FAX requisition to 604-204-2017 Phone: 604-204-2007	Self Management Education Pulmonary Rehabilitation
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Fraser Health Authority

<input type="checkbox"/> Community Respiratory Services (in home service)	FAX requisition to 604-514-6079 Phone: 604-514-6106	Self Management Education
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Fraser North

<input type="checkbox"/> iConnect Health Centre New Westminster	FAX requisition to 604-523-8801 Phone: 604-523-8800	Self Management Education Pulmonary Rehabilitation Maintenance Exercise COPD Clinic (includes Respirologist consult and Self Management Education) Smoking Cessation Counselling
<input type="checkbox"/> Ridge Meadows Hospital	FAX requisition to 604-463-1887 Phone: 604-463-1855	Pulmonary Rehabilitation Maintenance for O2 dependant patients Smoking Cessation Counselling

Fraser South

<input type="checkbox"/> Surrey Memorial Hospital In hospital or YMCA	FAX requisition to 604-585-5922 Phone: 604-585-5570	Pulmonary Rehabilitation Maintenance Exercise
<input type="checkbox"/> Langley Memorial Hospital	FAX requisition to 604-533-6449 Phone: 604-534-4121 ext 5273	Pulmonary Rehabilitation Maintenance Exercise

Fraser East

<input type="checkbox"/> Chilliwack General Hospital	FAX requisition to 604-702-4709 Phone: 604-795-4141 ext 614244	Self Management Education Pulmonary Rehabilitation Maintenance Exercise
<input type="checkbox"/> Abbotsford Regional Hospital	FAX requisition to 604-851-4774 Phone: 604-851-4700 ext 642215	Self Management Education



COPD ACTION PLAN



Patient Name: _____ Date: _____
 PHN: _____ Date of Birth: _____
 Family Contact: _____ Phone #: _____
 Physician: _____ Phone #: _____
 After Hours Phone #: _____

You have been diagnosed with **Chronic Obstructive Pulmonary Disease (COPD)**. As someone with COPD, you are either in your stable, everyday state or having a flare up. This Flare up Plan is a written contract between you and your doctor about how you will manage your COPD flare ups. This Plan will help you and your doctor to quickly recognize and treat flare ups to improve your health.

COPD (chronic obstructive pulmonary disease) has 2 states:

When you are stable:

1. Breathing without shortness of breath
2. Able to do daily activities
3. Mucous is easy to cough up
4. Sleep well
5. Able to exercise as directed by physician

How to tell if you are having a flare up

A flare up may occur after you get a cold, get run down or are exposed to air pollution or very hot or cold weather. There are 3 things that define a flare up:

1. Increased shortness of breath from your usual level
2. Increased amount of sputum from your normal level
3. Sputum changes from its normal colour to yellow, green or rust colour

Some people may feel a change in mood, fatigue or low energy prior to a flare-up.

***If any 2 or all of these symptoms persist for 48 or more hours do the following:
 (Your physician will check the desired action plan for you)***

- Take your rescue inhaler 2-4 puffs as needed (up to 4-6 times per day) for shortness of breath.
- Contact your family doctor immediately for a check up and medication review.
- Take your prescribed antibiotic for a COPD flare up (see over).
- Take your prescribed prednisone for a COPD flare up (see over).
- Contact your doctor if you feel worse **or** do not feel better after 48 hours of treatment.
- Other _____

If you are extremely breathless, anxious, fearful, drowsy or having chest pain, call 911 for an ambulance to take you to the emergency room.

Physician Signature _____

Patient/Caregiver Signature _____ *Please turn over*

COPD MAINTENANCE MEDICATION RECORD

Patient Name: _____ Date: _____
 PHN: _____ Date of Birth: _____
 Family Contact: _____ Phone #: _____
 Physician: _____ Phone #: _____
 After Hours Phone #: _____

Patients: Take the following maintenance medications **every day** to help maintain control of your COPD symptoms.

Physicians: Please fill in prescribed maintenance medications.

Medication Prescribed	How Much to Take	When To Take

COPD FLARE-UP MEDICATION RECORD

Patients: Please fill in date when you start and finish your flare-up medications.

Physicians: Please fill in prescribed flare-up (antibiotics & prednisone) medications.

Medication Prescribed	Start Date / Finish Date	Start Date / Finish Date	Start Date / Finish Date

Make sure to take prescribed medication until all finished.



A photograph of a middle-aged man with a mustache, wearing a light blue shirt and a red patterned tie, coughing into his right elbow. The background is blurred, suggesting an outdoor setting.

AVOID LUNG ATTACKS

LUNG ATTACKS:

The #1 reason for hospitalizations in BC

Lung attacks often happen to people who have not yet been diagnosed with chronic obstructive pulmonary disease (COPD). A simple breathing test can identify your risk for COPD and prevent a COPD flare-up.

Who should have a breathing test?

People 40+ years of age who are current or ex-smokers and answer **YES** to any of the following questions:

- Do you cough regularly?
- Do you cough up phlegm regularly?
- Do even simple chores make you short of breath?
- Do you wheeze when you exert yourself, or at night?
- Do you get frequent colds that persist longer than those of other people?

Ask your doctor if you should have a breathing test!

For more information about COPD visit www.bclung.ca