

Our hubs



- **360 Health + Community (Street Doctor)**
Swan Districts Football Club
1 Old Perth Rd, Bassendean WA 6054
- **Arche Health Mirrabooka**
- **Arche Health - Aboriginal Health Team**
Unit 1/2227 Albany Hwy, Gosnells WA 6110
- **Cockburn Respiratory Hub**
Cockburn Integrated Health
Suite 14, 11 Wentworth Parade, Success, 6160
- **Derbarl Yerrigan Health Service**
156 Wittenoom Street, Perth, WA, 6004
- **Joondalup Respiratory Hub**
Joondalup Health Campus,
Cnr Grand Blvd and Shenton Ave
Joondalup WA 6027
- **Moorditj Koort Aboriginal Corporation Medina Clinic**
150 Gilmore Ave, Medina, WA, 6167
- **Pramana Medical Centre**
Unit 5/13 Wheatley St, Gosnells, WA, 6110
- **South West Respiratory Hub**
1 Mulgara St, Australind, WA, 6233
- **West Perth Respiratory Hub**
36 Ord Street, West Perth, WA, 6005



Asthma Helpline

1800 ASTHMA (1800 278 462)

In the event of an emergency – call 000.

How to get in touch



(08) 9289 3600



community@respiratorycarewa.org.au



respiratorycarewa.org.au



36 Ord Street, West Perth, WA 6005



Or ask your GP, nurse, Aboriginal Health team to refer to our services.



Scan to refer to our services

Respiratory Care WA acknowledges the Traditional Owners and Custodians of Country throughout Australia and their continuing connection to land, waters and community. We pay our respect to them and their cultures, and Elders past, present and emerging.

Artwork: "Maar - Wind" by Michelle Tamar Kickett, used with permission.



Respiratory Care WA

Asthma | COPD | Respiratory Health

Your guide to Lung Function Testing

Welcome to Respiratory Care WA's Community Respiratory Hub

Patient name(s): _____

Appointment day and time: _____

Respiratory Educator: _____

Who we are

Since 1964, Respiratory Care WA has supported Aboriginal and Torres Strait Islander peoples with education, diagnosis, and ongoing lung health care.

How to **use** a spacer



How to **clean** your spacer



About Lung Function Testing

A Lung Function Test helps your doctor understand how your lungs are working and allows them to diagnose your lung condition.

The test is done by a trained Respiratory Scientist or Educator, then reviewed and reported on by a Respiratory Physician. Your results are shared with your doctor or referring healthcare provider.

Free lung tests are available for kids over 4 and adults through First Nations health services and at Respiratory Care WA's clinics in Perth and the South West.

You are welcome to bring a support person with you to your appointment.



What to expect during your spirometry test.

1. You'll meet with a trained Respiratory Educator who will explain the test and answer any questions.
2. You'll sit comfortably while a soft clip is placed on your nose to help you breathe through your mouth.
3. You'll be given a clean, single-use mouthpiece connected to the testing device.
4. You'll place it in your mouth and follow simple breathing instructions from the Educator.
5. The Educator will support you throughout and make sure you're feeling okay.

Before your appointment



We recommend patients avoid heavy meals, smoking, caffeine and strenuous exercise before their appointment and to wear comfortable clothing that will not restrict their breathing during LFT.

If you take any lung medications, your GP/Nurse will provide instructions prior to your appointment as these may affect the accuracy of your results.