



## FOR NON-PARTNERS PHYSICIANS

When referring a patient to the BWH Pulmonary Rehab program, please use the following checklist to ensure that all the necessary materials have been sent to us. Thank you!

### Referral Checklist

- Fully completed and signed Referral Form  
\*\*\* Form must be signed by a Physician
- Pulmonary Function Tests **within 1 year of referral**
- Stress Test results (**Not Required for the program**) If there is an indication that one is needed this should be arranged by the referring physician prior to the start of the program
- Most recent office note
- Complete and up to date list of the patient's medications

**BRIGHAM AND WOMEN'S HOSPITAL OUTPATIENT PULMONARY REHABILITATION****Physician Referral/Standing Orders**

1153 Centre St, Boston, MA 02130

TEL: (617)983-7549 FAX: (617)983-7853

E-Mail: pperruzzi@partners.org



Patient's Name: \_\_\_\_\_ BWH #: \_\_\_\_\_

Patient Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ ICD-10 Code(s): \_\_\_\_\_

Pulmonary Function Test Results within one year of referral

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ FVC / % Pred. \_\_\_\_/\_\_\_\_% FEV1 / % Pred. \_\_\_\_/\_\_\_\_ FEV1/FVC Ratio \_\_\_\_%

**OUTPATIENT PULMONARY REHABILITATION PHYSICIAN'S ORDERS**

**DOCTOR:** As the referring physician, you will retain responsibility for your patient. No segment of your patient's care will be altered without authorization. Your patient will receive instruction in self-care and therapy in the Outpatient Pulmonary Rehabilitation Department. If your patient exhibits an acute problem during an education/exercise class, you will be contacted. If you cannot be reached, the Medical Director of the Pulmonary Rehabilitation Department will be contacted.

Each patient will:

- Attend up to 18 education/exercise sessions, lasting 1 ¾ hours two times a week
- Follow the department's protocol re: smoking cessation
- Perform a pre and post program six minute walk
- Complete quality of life assessments such as the SGRQ , PHQ9, CAT, etc.

The staff will:

- Evaluate each patient on an individual basis
- Aid the patient in setting realistic goals
- Titrate oxygen needs to maintain a saturation greater than 90% during class or testing
- Notify you if there are any trends that demonstrate the need to increase or decrease the present oxygen prescription
- Devise an exercise prescription for supervised and/or home exercise program to increase strength, flexibility and endurance
- Instruct the patient in the educational curriculum appropriate for specific lung diseases
- Monitor pre and post exercise blood sugars on all diabetic patients

**EMERGENCY ORDERS**

- **Severe Dyspnea: Hand-held nebulizer treatment: Albuterol 2.5 mg in 2.5cc Saline**
- **Cardiac Related Chest Discomfort: Evaluate and transfer to the Emergency Department if needed**

**EXERCISE PLAN**

- **Intensity:** 60-80% Age-Predicted Maximum Heart Rate **OR** 90-100% O2 saturation **OR** ≤ 4 on Borg Dyspnea Scale (Somewhat Hard)
- **Frequency:** 2x per week **Duration:** 15 – 60 minutes, as tolerated, aerobic training; 15 – 30 minutes flexibility and strength training
- **Modes (Please check off exercise modalities that might NOT be appropriate for this patient):**  
 Treadmill  Arm Ergometer  Upright Bicycle  NuStep  Recumbent Bicycle  Dumbbells  Ankle Weights

- Based on the above plan, this patient may begin BWH Pulmonary Rehab
- This patient may begin, but adjust aerobic intensity to these levels: \_\_\_\_\_
- This patient may begin, but with these strength training restrictions: \_\_\_\_\_
- Other Special Orders (Specify): \_\_\_\_\_

Printed Name of Physician \_\_\_\_\_ Office Phone # \_\_\_\_\_ Office Fax # \_\_\_\_\_

Physician's Signature \_\_\_\_\_ Date \_\_\_\_\_

H/standing order