

Central Bayside Community Health Services

Central Bayside Community Health Services (CBCHS) is one of the Southern region's largest, fastest growing and progressive health groups. We provide a comprehensive range of services over a range of sites.

Central Bayside Community Health is committed to the health and well-being of the whole person. The aim of our services is to enhance the individual's and the communities' health, independence and general well being.

For the complete mission statement and range of services please see our web-site:

www.cbchs.org.au



Southern Health

HOW DO YOU MAKE AN APPOINTMENT TO SEE THE ASTHMA EDUCATOR?

- * You **do not** need a referral. Please just call the number below and ask for an appointment with the asthma educator.
- * Remember to bring along any asthma medicines and delivery devices, and any hospital discharge summaries.

Contact our intake service -

Phone: 9554 8777

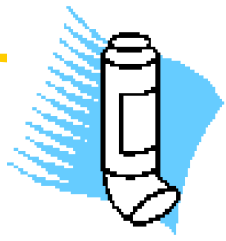
Fax: 9554 8595

E-mail: info@cbchs.org.au

Paediatric Asthma Service



*Quality,
Community,
Wellbeing.*



What is asthma education?

The asthma educator works closely with a range of people, such as you, your family, your local school, GP, pharmacist and maternal & child health nurse to help you best manage you (or your child's) asthma.

Around 40% of Australians have asthma symptoms at some stage in their life and asthma affects 1 in 6 children (%15).

Asthma is one of the main reasons children are admitted to hospital and see their GP.

The community asthma service has been developed in partnership with Southern Health and Central Bayside Community Health Services to help assist children and adolescents (and their families) to manage their asthma.

Who is eligible?

- ***All children and youth who***
 - ⇒ have asthma
 - ⇒ who live in the City of Bayside or the City of Kingston
 - ⇒ outside these areas by arrangement

Where else can I get information about asthma?

- ⇒ ***Asthma Foundation***

www.asthma.org.au

Call— 9326 7088

Helpline -1800 645 130

- ⇒ **Remember your GP** is a valuable resource

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What services are provided?

Learning about asthma and what to do when your child is unwell gives you more control and confidence. We can assist by;

- ◆ Providing general information about asthma
- ◆ Help you discover and manage asthma triggers
- ◆ Provide information about medications
- ◆ Help with using and caring for your spacers and inhalers
- ◆ Show you how to use an action plan
- ◆ Provide advice regarding exercise induced asthma
- ◆ Teach you asthma first aid
- ◆ Subsidised QUIT smoking courses