

## **Information about Appointments for Respiratory Therapy**

### Locations for the Appointment:

**London Family Health Team (main location):** 1261 Beaverbrook Ave, 2<sup>nd</sup> Floor, London Family Health Team Check-in. (Next to Angelo's Italian Bakery & Market) Telephone: 519-471-8506

**Stoney Creek Family Health Centre:** 770 South Wenige Dr. (across from Mother Theresa Secondary School) Telephone: 519-679-1717

**Medway Family Health Centre:** 1205 Oxford St. W. Medical Office (2<sup>nd</sup> floor of the Real Canadian Super Store). Enter through the Exit doors and head upstairs. Telephone: 519-657-0002

### How long is the Appointment:

The appointment will last about 1 hour.

### What to Expect at the Appointment:

We will use information about your age and sex at birth, height and weight to determine the amount of air that should be found in your lungs.

Spirometry is a breathing test. We use this test to determine the speed and volume of air being exhaled. After the initial breathing test is done, we will provide Ventolin (Salbutamol) inhalations to help open the airways. After a 10–15-minute waiting period, we will repeat the breathing test to see if there is any change. Some common side effects from Ventolin include hand tremors, lightheadedness, and a faster heart rate. These symptoms usually disappear within 20-30 minutes, or by the end of the appointment, permitting you to drive home.

If you already use an inhaler, we will also review the Inhaler(s) & inhaler technique(s), as well as determining triggers & symptoms through discussion.

We will review any recommendations with you and then forward these recommendations to the Family Physician/Nurse Practitioner, along with spirometry results, and a report. This may include prescribing an inhaler, adjusting the amount of inhaler medication needed, changing the type of inhaler device or medication, or may also include referring for further testing to assist with addressing any previous or current respiratory related issues discussed at the appointment.

Spirometry testing may or may not confirm a respiratory diagnosis. Respiratory Therapists **are not** able to communicate a new respiratory diagnosis to the patient. They may discuss previous respiratory diagnosis as per the London Family Health Team medical directive.

### Preparing for the Appointment Before You Arrive:

If possible, avoid using your inhalers the morning of your appointment, however, if inhaler usage is required, please proceed with using your inhaler as prescribed, noting the time of use. All inhalers currently prescribed are to be brought with you to your appointment.

If you had surgery less than 1-4 weeks prior to your appointment, have a possible viral infection, have uncontrollable heart issues, are in your third trimester of pregnancy, or have any other issues that may make it difficult to proceed with spirometry testing, or if you are unable to attend your appointment on the scheduled date, please contact the office at **519-471-8506** to reschedule your appointment.