

Personal Instructions:

**Te Whatu Ora**  
Health New Zealand

 **THINKHauora**  
Connecting Communities for Wellbeing

# YOUR PATHWAY TO HEALTHY BREATHING



**Emergency Department  
Patient Information & Discharge Advice**

## ARE YOU ENROLLED WITH A GP OR NURSE PRACTITIONER?

To see which GPs are currently taking patients go to  
[www.thinkhauora.nz/generalpractice](http://www.thinkhauora.nz/generalpractice)

Phone or text the GP Enrolment Coordinator on  
022 048 1248 (preferred) or call 0800 522 748.

## FOR URGENT HELP

If you need urgent help, or require  
further advice please contact:

- Your own GP anytime 24/7,  
if you have one
- Healthline 0800 611 116
- Dial 111 and ask for an ambulance

This information is for people who:

- Have difficulty breathing or shortness of breath or
- Have been diagnosed with Chronic Obstructive Pulmonary Disease.

Thank you for coming into the Emergency Department, you are now well enough to go home. Here are the next steps:

### NOW

Please keep this brochure. Your medication advice is on the following page. If you have any questions about your medications, please ask your nurse for more information.

### TODAY

Our emergency team will refer you to your GP team for further assessment and advice. You will be contacted in the next 5-7 days to arrange an appointment. There will be no cost to you for this appointment.

### IN THE NEXT TWO WEEKS

Your GP team will give you a check-up of how you are breathing and work with you to develop an action plan to help you manage your breathing.

### AT ANY TIME

Please contact your GP team and after hours clinic or the Emergency Department if you become unwell, more breathless, wheezy or coughing, or if you are not feeling better in ..... days.

## DISCHARGE INFORMATION AND INITIAL TREATMENT PLAN

- Continue taking your usual medications
- Start taking the following medications:

\_\_\_\_\_ times a day

\_\_\_\_\_ times a day

\_\_\_\_\_ times a day

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please take the medications as directed by your health professional.

#### EMERGENCY:

If you:

- Are very short of breath
- Have chest pain
- Are feeling agitated, fearful, drowsy or confused
- Have a high fever



**DIAL 111  
FOR AN  
AMBULANCE**