



## Medical examinations

### Prepare for your appointment at the Mobile Clinic



**Continue to take your medication as normal**, if you are on any medication.



**Do not smoke on the day if you are a smoker.** Smoking can change the results of your breathing test.



**Wear a t-shirt with no zippers or buttons** for your chest x-ray. If you are wearing a jumper or jacket on arrival, you may need to take it off before your x-ray.



**Attend at your appointment time** as we have limited space in our waiting areas.



**Attend by yourself or with only one other person** such as a carer, family member or translator.



**Please bring any recent chest x-rays** and medical results completed since your last icare lung screen visit. We will make a copy and return them to you on the day.

### ***i*** If you are unable to attend your appointment

Please let us know if you can no longer attend your scheduled appointment.

You can reschedule your appointment if you are feeling unwell or have any flu-like symptoms such as fever, cough, sore throat or difficulty breathing.

Contact us on [\(02\) 8223 6600](tel:0282236600) or toll free [1800 550 027](tel:1800550027) during business hours 9am-5pm.



## What is a respiratory medical examination?

A respiratory medical examination is an examination of the lungs to determine if you have a dust disease. There are three parts to the examination:

- Chest x-ray
- Lung function test
- Consultation with a doctor



## Chest x-ray

A chest x-ray is done by a licensed Radiographer. It provides us with images of your lungs, it is non-invasive and painless.

### **Please tell the Radiographer if either:**

- you have had a chest x-ray in the last three months; or
- you are a woman and you are or may be pregnant.

You may be asked to remove your shirt and neck jewellery, and to change into a gown in the private change room.

### **You may have two x-ray images taken:**

One from behind you and one from the side. You will need to stand still and hold your breath briefly when instructed. The x-ray beam is turned on for less than one second for each x-ray image.

The risk of harm from a chest x-ray is generally considered to be negligible. You will receive a total amount of x-ray radiation of approximately 70 microsieverts. This is equivalent to the amount of background radiation everyone receives in about ten days of ordinary living.

**If you have any questions about chest x-rays please ask the Radiographer on the day.**



The Radiographer will tell you stand close to a frame that holds the x-ray film.

## Lung function test

The lung function (also called spirometry) test is done by a Respiratory Technician. It provides us with information about your breathing and how much oxygen you are getting.

### Three tests are done:

1. Check for obstructions or restrictions that block your intake of air
2. Test how much oxygen your lungs can absorb
3. Measure how much air you can breathe into your lungs

For each test you will be instructed on how to breath and what to do. Please listen carefully to the instructions.



The Respiratory Technician will ask you to sit in the box and breathe into a plastic mouthpiece.



## Consultation with a doctor

Our Specialist Doctor will ask you questions about your work history, your medical history and if you have any difficulty breathing.



The doctor will have a copy of your chest x-ray and lung function test when they speak with you.



## Your results

After your screening appointment your results will be reviewed by a Radiologist and our Respiratory Physician. Our specialist doctor will call you to tell you the results and respond to any questions you may have. You will also be sent in the mail your Respiratory Health Monitoring report. If you are currently employed in a role where you may be exposed to hazardous dust, the report will also be sent to your employer.

Results may also be reviewed by one of our senior clinicians or the Dust Diseases Care Medical Assessment Panel (MAP). The MAP is an expert panel of respiratory specialists who review medical and work history information and make decisions about eligibility for compensation through Dust Diseases Care.

We will keep medical results in our secure database for a minimum of 40 years. You can request your results held by us at any time.

## Compensation entitlement

icare Dust Diseases Care provides benefits to workers and their families who have been impacted by a work-related dust disease. Your eligibility to apply for support through Dust Diseases Care is determined by three major criteria:

1. A medical diagnosis of a dust disease covered by our scheme
2. Evidence that the exposure to harmful dust occurred while you were employed in NSW
3. A level of disability as a result of your dust disease.

Dust diseases are rare and slow to develop. Most do not develop for at least 10 years after first exposure.

Completing a medical examination is essential for any application for compensation, but it is not an application.

If you are diagnosed with a work-related dust disease, we will provide you with information about making an application for compensation. We recommend you prepare an application at your earliest convenience as payments are backdated to the date we receive the application. More information about making an application is on the icare website:

<https://www.icare.nsw.gov.au/injured-or-ill-people/work-related-dust-disease/make-an-application>

## Retired or no-dust workers only: Reimbursement of expenses

If you are not currently working or your current work does not involve hazardous dust then you will have made your appointment directly with icare. If this is you, then you are entitled to claim your travel expenses.

Please keep receipts for your out-of-pocket travel expenses.

Dust Diseases Care reimburses the following:

- Public transport by train, bus or ferry
- Private vehicle use and parking costs where public transport is not possible. Travel of distances more than 100km require prior approval.

Other out-of-pocket expenses may be covered, please discuss with your dedicated icare contact team member.



## For retired workers or workers no longer exposed to dust

Download the Travel Expense Reimbursement form from the icare website to claim your expenses:

<https://www.icare.nsw.gov.au/injured-or-ill-people/forms-and-resources>

or scan the QR code.

### Dust Diseases Care

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