

ACTIVE *Lifestyle*

Exercise Referral Scheme Leicester City

Referral Checklist

Check patient meets the Inclusion/Exclusion Criteria
(see front of referral pad)



Complete Referral Form in full
ensuring to obtain Patient Signature



Give bottom pink copy of Referral Form to patient



Send top white copy of Referral Form to:
Exercise Referral Office
Saffron Lane Sports Centre
Saffron Lane, Leicester LE2 7NQ



Retain yellow copy of Referral Form for patient records
(please refer to Protocol Document for further information)



REFERRAL CRITERIA

Patient <u>can</u> be Referred	Patient <u>cannot</u> be Referred
<p>All referrals must be aged 16+ and fulfil at least one of the following criteria:</p>	<p>X Ischaemic heart disease</p>
<p>✓ Considered inactive <input type="radio"/> Are not moderately active for a total of thirty minutes more than twice a week.</p>	<p>X High hypertension (over 179mmHg /109mmHg) or uncontrolled hypertension</p>
<p>✓ Exhibit at least one of the following risk factors for coronary heart disease:- <input type="radio"/> Smoking <input type="radio"/> Family history of heart disease <input type="radio"/> High cholesterol levels (consistently above 5.2 total cholesterol) <input type="radio"/> Obesity/Overweight (BMI 25+) <input type="radio"/> Hypertension (140/90 to 179/109 mmHg) (ACSM , 1995) <input type="radio"/> Controlled diabetes</p>	<p>X Uncontrolled insulin dependent diabetes X Severe or poorly controlled asthma X Chronic pulmonary disease X Cerebro-vascular disease</p>
<p>✓ Exhibit at least one of the following risk factors for osteoporosis:- <input type="radio"/> Smoking <input type="radio"/> Heavy alcohol consumption <input type="radio"/> Family history of osteoporosis <input type="radio"/> Hysterectomy <input type="radio"/> Taking prescribed corticosteroids <input type="radio"/> Early menopause <input type="radio"/> History of dieting <input type="radio"/> History of diet lacking in calcium or vitamin D <input type="radio"/> History of amenorrhea</p>	<p>X Peripheral vascular disease X Chronic muscle, joint or bone conditions that greatly impede mobility or require physiotherapist treatment X Unstable or severe mental health state X Cardiac Event or Cardiac Surgery</p>
<p>✓ Controlled Asthma</p>	
<p>✓ Suffer from mild to moderate rheumatoid arthritis or osteoarthritis</p>	<p>X Patients who in the Healthcare Professionals opinion are not medically fit to undertake an exercise programme</p>
<p>✓ Suffer from mild to moderate depression, stress or anxiety.</p>	

Please return Referral Forms to:



Healthcare Professionals Duty of Care Quick Reference Check

If you have displayed reasonable care and skill in complying with the following areas, you have fulfilled your duty of care and therefore your legal responsibilities to the patient.

- ✓ Undertaken an assessment, of the risks and benefits of exercise to the patient, taking into account past and present medical history, family history, and medication.

- ✓ Informed the patient fully about the benefits of physical activity, the health risks of inactivity, and potential contraindications to physical activity. (See reverse for information).

- ✓ Transferred the relevant information, with the patient's consent, including any changes in the patient's health status, (for example new symptoms or a deterioration in an existing condition), to the Local Scheme Co-ordinator.

Have you completed the 'Exercise-on-Referral Form' in full?

Are you completing the 'Change to Health Status Form' as and when required and sending them to the Local Scheme Co-ordinator?

Benefits, Risks and Contraindications of Exercise

Benefits

The following are some of the many benefits that can be gained through a physically active lifestyle:

- Reduced risk of CHD*
- Reduced risk of stroke, certain cancers, type II diabetes and Osteoporosis*
- Better weight control and decreased obesity
- Normalisation of blood pressure*
- Favourable improvements in cholesterol*
- Improved psychological well being including reduced depression and anxiety*
- Enhanced feelings of well being*
- Improved management of asthma and arthritis

(*Britain, A. Mcpherson, K, in press. ACSM,1995. Exercise Referral Systems: NQAF, 2001)

Risks

- Musculoskeletal Injuries
- Sudden Cardiac Events

Whilst regular physical activity increases the risk of both musculoskeletal injury and life-threatening cardiovascular events, the incidence is low: Studies of exercise by apparently healthy adults report an acute event rate of 1 per 187,500 person-hours of exercise, (Gibbons et al, 1989)

Contraindications

Participants should not exercise if they have:

- Febrile illness (fever)
- Upper respiratory tract infection
- Resting heart rate >100bpm
- Uncontrolled conditions (Asthma, diabetes etc)
- Deteriorating functional capacity or progression of symptoms

Participants should stop exercising immediately if they feel:

- Dizzy/faint
- Unusually short of breath
- Chest pain