

Reasons for Referral
F.A.O All health Professionals

- **Possible Conditions / reasons which may be seen**

This list is by no means inclusive – it is just a guide.

- **Arthritis**
Rheumatoid, osteoarthritis, gout, ankylosing spondylitis, fibromyalgia, polymyositis, lupus, addisons disease
- **Cardiac (BACR CHD REFERRAL FORM TO BE COMPLETED)**
MI, angina, heart failure, angioplasty, CABG
- **Diabetes**
Type I (IDDM), Type II (NIDDM), pregnancy induced (temporary)
- **Hypertension**
- **Mental health**
Anxiety, phobias, depression, stress, schizophrenia, insomnia, self esteem, confidence, psychosis, bipolar disorder (City users - please refer to mental health physical activity pathway)
- **More than 1 CHD risk factor**
Obesity, hypertension, family history, sedentary, stress, high cholesterol, diabetes, smoking
- **Multiple Trauma / Injury**
RTA etc
- **Musculoskeletal**
Osteoporosis, joint replacements, other orthopaedic rehabilitation, muscle / ligament / tendon injury, (including repetitive strain)
Back, shoulders, hips, knees, ankles,
- **Neurological**
Dementia, hypo / hyperthyroid, stroke, TIA, MS, ME, chronic fatigue, sciatica, any other nerve irritation.
- **Obesity**
- **Other**
Cancer, hepatitis
- **Respiratory**
Asthma, emphysema, hyperventilation, COPD, chronic bronchitis

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Inappropriate reasons for referral

- **Absolute Contra-indications to exercise**
 - **Systolic Blood pressure which at rest is or is above 180mmHg and or a diastolic blood pressure which is or is above 100mgHg.**
 - **Unstable angina**
 - **Unstable or acute heart failure**
 - **Resting tachycardia above 100bpm**
 - **Recent embolism; thrombophlebitis**
 - **Uncontrolled atrial or ventricular arrhythmias**
 - **Unstable diabetes.**

To maximise the benefits of exercise referral schemes, it is now necessary to exclude the following groups of clients who could access mainstream activities, without the aid of a specialist exercise referral instructor.

- **Inappropriate reasons for referral**

- **Weight Loss (applicable for Start-Up scheme only)**

For clients with a BMI LESS THAN 30 in the absence of a medical condition that could be benefited from exercise.

- **General fitness**

For clients without an associated medical condition from the list above.

- **Financial**

To gain access to the scheme simply because it is subsidised.

- **If already active**

The scheme should not be used by those who are already active and would not benefit from specialised advice.

- **Alcohol and substance abuse**

If still a user of these substances and if the client has no accompanying medical condition, the client is not eligible for referral. In some instances, it may be recommended that clients who fall into this category attend sessions as part of the Hopebridge or Invigorate projects in the City, as an alternative.

