

| <b>Contra-indication to community exercise:<br/>Exclusion criteria</b>  | <b>Definitions &amp; other relevant information</b>  |
|---|--|
| <b>Asthma/Respiratory Problems/COPD</b>   | Where ventilatory limitation restrains submaximal exercise; Grade 3-5 MRC Dyspnoea Scale   |
| <b>Claudication with Cardiac Dysfunction</b>  |  |
| <b>Cardiac Disease</b>  | Unstable or uncontrolled   |
| <b>Uncontrolled angina</b>  |  |
| <b>Acute Coronary event/Intervention/Diagnosis including:</b> <ul style="list-style-type: none"> <li>• Stable Angina,</li> <li>• Myocardial Infarction,</li> <li>• CABG,</li> <li>• Valve Replacement,</li> <li>• Angioplasty,</li> <li>• Stent,</li> <li>• Heart Failure,</li> <li>• Arrhythmia</li> </ul> | < 6 months since acute event (referral to Phase III only)<br><br><b>EXCEPTION</b> – Referrals are accepted <6 months post event for clients NOT eligible for Phase III but are medically stable and with consent from GP/Cardiologist i.e Type 2 MI with no CAD present. |
| <b>Unstable or acute heart failure</b>  |  |
| <b>Uncontrolled arrhythmia</b>  |  |
| <b>Severe stenotic or regurgitant valvular disease</b>  |  |
| <b>Hypertrophic obstructive cardiomyopathy</b>  |  |
| <b>Third degree heart block</b>   |  |
| <b>Acute aortic dissection</b>  |  |
| <b>Hypertension</b>   | Resting >180/110mmHg   |
| <b>Significant drop in Blood Pressure during exercise</b>   |  |
| <b>Acute myocarditis or pericarditis</b>  |  |
| <b>Acute pulmonary embolus or pulmonary infarction</b>  |  |
| <b>DVT</b>  |  |
| <b>Uncontrolled resting tachycardia</b>   | >100 beats per minute  |
| <b>Stroke/TIA</b>   | < 3 months since event   |
| <b>&gt; 20% CVD risk in next 10 years</b>   | Multiple risk factors as defined by JBS2 guidelines  |
| <b>Uncontrolled visual or vestibular disturbances</b>   |  |
| <b>Uncontrolled Diabetes Type I or Type II (advanced)</b>   | With accompanying generalised neuropathy and untreated retinopathy   |
| <b>Recent injurious fall without medical assessment</b>   | Refer to Falls prevention programme: <a href="#">Falls Prevention - Healthy You</a>  |
| <b>Orthostatic Hypotension</b>  | SBP falls more than 20mmHg or DBP more than 10mmHg within 3 minutes of standing.   |
| <b>Inability to maintain an upright posture in sitting position</b>   |  |
|   |  |

|  |                       |
|--|-----------------------|
| <b>Psychiatric Illness/Cognitive Impairment/Dementia</b> | AMT score less than 8 |
| <b>Febrile Illness</b>                                   |                       |

| Exclusion criteria for exercise referral:<br><b>Inappropriate referral</b> | Definition   |
|--|--|
| <b>BMI &lt;30 without an accompanying medical condition</b>                | <i>Overweight</i> not an appropriate reason for referral without an associated clinical diagnosis. For patients with a BMI 25-30 without an associated medical condition, refer to HEALTHY YOU: <a href="#">Tier 2 Weight Management Programme - Healthy You</a>                     |
| <b>General Fitness without an accompanying medical condition</b>           | <i>Deconditioned</i> without an associated clinical diagnosis is not an appropriate reason for exercise referral. For general fitness referrals, patients can <b>self-refer</b> to HEALTHY YOU <a href="#">Healthy You - improving health across Cambridgeshire and Peterborough</a> |
| <b>Under 18s</b>   |  |
| <b>Patients under the influence of drugs or alcohol</b>                    |  |
| <b>Currently active</b>  | Meet the CMO guidelines of 150 minutes or more of moderate physical activity per week  |

| <b>Inclusion criteria</b> for exercise referral – Health Professional referral always REQUIRED: | Definition  |
|---|---|
| Stable angina   | 6 months post diagnosis   |
| Myocardial infarction   | 6 months post event   |
| Coronary Heart Disease  |   |
| CABG, Valve Replacement, Angioplasty, Stent, Heart Failure & Arrhythmia                         | 6 months post-surgery/event/diagnosis   |
| Stroke or TIA   | 3-12 months post event  |
| Rheumatoid Arthritis  |   |
| Severe Osteoporosis   | With associated low trauma fractures  |
| Joint Replacement surgery   | 3-12 months post-surgery  |
| Chronic back pain   | Requiring CURRENT or RE-CURRENT medical intervention/treatment Eg. Physiotherapy  |
| Cancer diagnosis  | Clinically stable & treatment within last 12 months   |
| Parkinsons Disease  |   |
| Multiple Sclerosis  |   |
| Dementia/Alzheimer's  |   |
| Spinal cord injury  |   |
| Brain injury or trauma  |   |
| Type 1 or Type 2 Diabetes   | With poor self-management Eg. Frequent hypos or associated complications Eg. Neuropathy, Retinopathy, Kidney disease or foot problems |

For all other long-term medical conditions, a health professional referral is unlikely to be required.

If in doubt as to whether a patient requires a health professional referral or can self-refer, contact the Exercise Referral co-ordinator by e-mailing: [startup@cambridge.gov.uk](mailto:startup@cambridge.gov.uk) or calling: 01223 458613.