

<b>Contra-indication to community exercise: 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>	<p>&lt; 6 months since acute event (referral to Phase III only)</p> <p><b>EXCEPTION</b> – Referrals are accepted &lt;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.</p>
<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: <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
COPD or Severe Shortness of Breath (SOB)	

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.