



SPRING BACK TO LIFE



WESTERN ISLES NHS BOARD/COMHAIRLE NAN EILEAN SIAR

GP EXERCISE REFERRAL SCHEME

REFERRAL CRITERIA

1. Patients should present with at least two of the following conditions:

Moderate Obesity	BMI 26-30
Moderate Hypertension	<u>140 - 160</u> 90 - 105
Late onset Diabetes Mellitus	
Moderate elevated cholesterol	5.5 - 7.5 mmol/L
Family History of Coronary Heart Disease	
Asthma	
Smokers	
Impaired strength of mobility - osteoporosis, arthritis	
Psychological stress, depression or anxiety	

These serve as guidelines only, medical professionals may use their own clinical judgement in the decision to refer.

- i. Patients may be sedentary and unused to exercise, or may need to increase physical activity levels
- ii. Are aged between 18 - 75

2. Levels of Referral by General Practitioners/Physiotherapists

There are three levels of possible referral:

- A.** Those patients who would generally benefit from a more "active living" change in lifestyle with gentle physical activity and exercise.
- B.** Those who would specifically benefit from a prescribed regime of physical activity and exercise as part of a programme in treating their clinical condition or reducing their risk to specific disease.
- C.** Those following cardiac or clinical rehabilitation programmes or surgery for potential life threatening conditions or diseases.