

# HEALTHWISE: PHYSICAL ACTIVITY REFERRAL SCHEME



## How to make a referral

The Healthwise programme has been designed for individuals who have not had previous access to leisure centres and are classed as inactive.

**In order for the referral to be processed promptly please ensure that you follow the below procedures:**

- The patient being referred is a low to medium risk patient and is suitable to undertake a physical activity programme. Please refer to the Inclusion/Exclusion Criteria for more details
- All sections of the referral form have been completed in full including all contact details and signatures, ensure specific detail is given to support their reason for referral along with previous medical history and current medication
- The patient understands that they are being referred to an exercise referral programme for a 12 week period, which is not a one to one training service
- The patient understands that there will be assessments throughout the programme that are compulsory for their continuation on the Healthwise programme
- The patient understands that they will need to make a payment to the leisure centre for this programme which is currently £26.50 a month by DD or £5.50 pay as you go
- The form has been sent via email to: **healthwise.lbhf@nhs.net**

For more information relating to inclusion and exclusion criteria, please refer to your Referrer's manual.

### Inclusion criteria

- Family history of premature CHD
- Hypertension
- Peripheral vascular disease
- >20% CVD risk over next 10 years
- Established CHD
- Stroke/TIA
- Mild to moderate depression/anxiety
- Fibromyalgia
- Chronic fatigue syndrome
- Osteoarthritis/rheumatoid arthritis
- Osteopenia/osteoporosis
- Obesity with comorbidities
- Type 1 and Type 2 Diabetes (controlled)
- Asthma
- COPD/idiopathic pulmonary fibrosis
- Over 18 years of age
- London Borough of H&F Resident or registered at a H&F GP surgery
- Considering or ready to make a change to their physical activity levels, i.e. Contemplation, Preparation, or Action stage
- Not currently active (unless post Phase IV Cardiac Rehab or Pulmonary Rehab)
- Able to access the venue independently, or with the assistance of their carer

### Exclusion criteria

- Acute coronary event/intervention or diagnosis (within the last 6 months)
- Clinical diagnosis osteoporosis
- COPD (patients with grade 3-5 MRC to be referred to Pulmonary rehabilitation)
- Diabetes type 1 or type 2 (with advanced complications)
- Psychiatric illness/cognitive impairment/dementia
- Sports/other injuries
- Severe osteoarthritis or rheumatoid arthritis
- Stroke/TIA (recent, < 3 months ago)
- Obesity without comorbidities

### Contraindications

• Resting SBP > 180mmhg; DBP > 100mmhg	• Acute myocarditis or pericarditis
• Uncontrolled/unstable angina	• Suspected or known dissecting aneurysm
• Experiences significant drop in BP during exercise	• Uncontrolled mental health condition
• Uncontrolled resting tachycardia > 100 bpm	• Acute uncontrolled psychiatric illness
• Unstable or acute heart failure	• Uncontrolled diabetes (>10% - DCCT or 86m/mol - IFCC)
• New or uncontrolled arrhythmias	• Osteoporosis (T score ≤ -2.5)
• Experiences chest pain, dizziness or excessive breathlessness during exertion	• Neuromuscular, musculoskeletal or rheumatoid disorders that are exacerbated by exercise
• Hypertrophic obstructive cardiomyopathy	• Febrile illness
• Symptomatic severe aortic stenosis	• Other rapidly progressing terminal illness
• Acute pulmonary embolus or pulmonary infarction	• Acute infections/illness/fever

For more information about Healthwise, please contact the team:

**healthwise.lbhf@nhs.net**  
**07776 721354**