

HEALTHWISE

Inclusion / Exclusion Criteria

INCLUSION CRITERIA

All clients for the Healthwise Physical Activity Referral must be:

- Over 18
- Resident or registered with GP surgery in locality
- Considering or ready to make a change to their physical activity levels i.e. Contemplation, Preparation, or Action stage
- Not currently active (< 30 minutes per week/not an existing gym member in the last 6 months)

And with one or more of the following conditions.

Cardiovascular	
Established CHD	Patient must have completed Phase IV Cardiac Rehab < 6 months
Family History of Premature CHD	Female < 65; Male < 55 and two other CVD risk factors
Hypertension	Medication Controlled ≥ 140 -180SBP and or ≥ 90 -100DBP
Stroke/TIA	> 3 months since stroke and < 1 yr. ago. Stable CV symptoms, no assistance required
Peripheral Vascular Disease	No symptoms of cardiac dysfunction
$\geq 20\%$ CVD risk over next 10 years	Multiple risk factors as identified by QRisk/JBS2 risk tools
Mental Health	
Depression	Mild to moderate (as defined by HAD Score: 8- 14) Adherent to medication if prescribed
Anxiety Disorders	Moderate (HAD score: 11 -14)
Metabolic	
Hyperlipidaemia	≥ 6.0 mmol/l and/or raised triglycerides
Type 1/Type 2 Diabetes	With adequate knowledge regarding hypoglycaemia awareness and management. If relevant: With adequate advice about adjustment of carbohydrate/ treatment dosage (Insulin or oral hypoglycaemics)
Obesity	BMI >30 (BAME >27.5) with a diagnosis of other comorbidities/chronic disease or existing risk factors
Musculoskeletal	
Fibromyalgia	Associated impaired functional ability
Chronic Fatigue Syndrome	Significantly deconditioned due to longstanding symptoms
Osteoarthritis	Mild/moderate with related mobility problems (includes joint replacements e.g. hip, knee, shoulder)
Osteopenia	BMD between 1 and 2.5 SD below young adult mean
Osteoporosis	BMD 2.5 SD below the young adult mean or >4 on fracture index with no history of previous low trauma fracture or history of falls
Rheumatoid Arthritis	Mild where Physical Activity will provide symptomatic relief

Neurological	
Neurological Conditions	e.g. Young onset Parkinson's Disease (stable), Multiple Sclerosis
Asthma	Mild to moderate.
COPD	Without ventilatory limitation. Patient must have completed Pulmonary Rehab <6 months ago

EXCLUSION CRITERIA

Diagnosis	Description
Established CHD	Stable Angina, Post MI, CABG, Percutaneous Coronary Intervention (PCI/Stent), Valve Replacement (refer to Phase IV Rehabilitation classes)
Cancer	Patients who are receiving or post cancer treatment (<1 yr. ago).
Overweight/Obesity	BMI >60 or with a diagnosis of obesity but with no evidence of chronic disease or other risk factors listed in the inclusion criteria.
Acute Coronary Event/Intervention or Diagnosis	Referral to specialist services e.g. Community Rehabilitation for a 4-10 week multidisciplinary programme before referral to Healthwise (if appropriate)
Clinical Diagnosis Osteoporosis	BMD > 2.5 SD from young adult mean, combined with one or more documented low trauma or fragility fractures
COPD	Patients grade 1-5 MRC to be referred into Pulmonary Rehabilitation (PR) for a 4-10 week multidisciplinary programme.
Type 1/Type 2 Diabetes	With advanced complications
Psychiatric Illness/Cognitive Impairment/Dementia	AMT score less than 8
Severe Osteoarthritis/Rheumatoid Arthritis	With associated mobility problem
Sports/other Injuries	Individuals requiring a rehabilitation programme after an injury
Stroke/TIA	Recent, <3 months ago