

*Active*   
*lifestyles*  
*referral*

  
health & leisure  
NEW FOREST

# Health Professional REFERRAL GUIDE

2019

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New Forest  
DISTRICT COUNCIL

023 8028 5531  
[newforest.gov.uk/leisure](http://newforest.gov.uk/leisure)

## What is activity referral?

The New Forest the Activity Referral programme is called 'Active Lifestyles'. Active Lifestyles offers you, the health professional, the opportunity to refer 'suitable' patients into an exercise programme.

The patients are assessed by a fully qualified Active Lifestyles Advisor who will advise the patient on safe and effective activity/exercise programmes that will benefit their medical condition.

A 'suitable' patient can be identified using the Inclusion/Exclusion criteria; please note "improving fitness" is not considered an appropriate reason for referral.

All our 'Active Lifestyles Advisors' hold a recognised Exercise Referral qualification, a number of our staff also hold other specialist qualifications including: Cardiac Rehabilitation; Postural Stability; Cancer Rehabilitation and Pulmonary Rehabilitation.

The activity options for Active Lifestyles patients offer more than an individual gym programme and include swimming, sports and classes.

The programme is not free for the participant but sessions are offered at a subsidised rate (see patient information).

### What's included?

- Unlimited activity sessions within a 12 week programme
- First assessment and health check
- Mid assessment
- Final assessment
- Follow on options
- Completion reports for the referring agency are available on request

Patients can also request reviews with the Active Lifestyles Advisor at any point during the scheme at no extra cost.



## Patient benefits

Condition	Why be active	What activity
Hypertension	Regular activity is very important for the health of your heart, lungs, and blood vessels. It helps to make your heart and blood vessels more flexible and efficient, and it should help lower your blood pressure and keep you fit.	Aerobic activity is the type that helps your heart the most.
Diabetes	People with diabetes should be encouraged to be regularly active for better blood sugar control and to reduce the risk of cardiovascular diseases. Muscle movement leads to greater sugar uptake by muscle cells and lower blood sugar levels.	Aerobic activity, strength training and flexibility training should be combined to form a suitable exercise routine.
Respiratory conditions	Pulmonary rehabilitation leads to improvements in your ability to be active. One benefit is the ability to walk further. The patient will probably feel less breathless doing day-to-day activities and are quite likely to feel less tired too. Lung function when measured is unlikely to change because improvements result from stronger muscles and therefore more efficient use of oxygen.	A physical activity programme, carefully designed for each individual. Help with coping with breathlessness; and a friendly/supportive atmosphere.
Obesity	Regular activity and eating a healthy diet are ways in which to combat obesity. Proper nutrition can help reduce body fat as well as protect against chronic diseases associated with obesity	Aim for four or five days a week for 30 to 60 minutes of activity. Resistance or weight training can also provide some benefits.
Cardiac Rehabilitation Phase IV	The National Institute for Health and Clinical Excellence (NICE) outlines the clear benefits of these services, including improving survival and quality of life and reducing unplanned hospital admissions. Graded activity is a vital component of cardiac rehabilitation. In order to be effective, physical activity and changes in lifestyle need to be maintained for the long-term.	Aerobic low-to-moderate intensive activity will be suitable for most patients who have been assessed as low-to-moderate risk.
Mental Health	Physical activity is good for your mental health and wellbeing. Regular activity can also boost your self-esteem and help you concentrate, sleep, look and feel better. Being active doesn't have to mean going to the gym, taking up jogging or wearing lycra. There are lots of ways to be active	Aim to do 30 minutes of moderate activity five times a week. Moderate activity means being energetic enough to: - breathe a little heavier than normal, but aren't out of breath - feel warmer, but don't end up hot and sweaty.
Musculoskeletal	Physical activity helps maintain and develop muscle fitness and flexibility. Conditions linked to injury, aging and neurological dysfunction can be aided through physical activity by maintaining joint range, strength and mobility.	The type of activity will be very specific to the diagnosed condition and the individual needs of the activity programme.

## **Patient information**

Active Lifestyles is not a 'FREE' activity scheme.

All customers referred to the Active Lifestyles referral programme will need to have a health check/assessment by the Active Lifestyle advisor at the chosen health and leisure centre.

This is carried out to ensure that it is safe for the customer to be active and that a programme can be tailored to their individual needs. It also allows the instructor to recognise progress and health improvements.

Any activity session that the customer completes under Active Lifestyles will be paid for at a reduced rate.

Total cost of assessments            £7.50 (one-off charge)

Activity session                            £3.60

Active Lifestyles Package\*            £72.00

\*Allows free access within the 12 week scheme.

## **Patient selection**

The selection, inclusion and exclusion criteria will be adhered to by all instructors and inappropriate referrals will be returned to the health professional.

Selection criteria:

- A patient should be 16 years plus
- Individuals should be sedentary or record low level activity
- A patient must be medically stable
- A patient must be medically suitable and meet the inclusion/exclusion criteria
- The patient must understand the programme and be aware of their responsibilities
- The patient must not be suffering from any sort of weight loss eating disorder

### Medical inclusion criteria:

A patient can be referred into a health programme if they are diagnosed with:

CHD/CVD risk factors	<ul style="list-style-type: none"><li>• High Blood Pressure</li><li>• High Cholesterol</li><li>• Stroke</li><li>• Tobacco Smoke</li><li>• Family History with other co-morbidities</li></ul>
Mental Health (non-clinical)	<ul style="list-style-type: none"><li>• Controlled non-clinical conditions</li></ul>
Musculoskeletal condition	<ul style="list-style-type: none"><li>• Osteoarthritis</li><li>• Rheumatoid Arthritis</li><li>• Osteoporosis</li><li>• Back Pain</li><li>• Joint Injury</li></ul>
Respiratory conditions	<ul style="list-style-type: none"><li>• Asthma</li><li>• COPD</li></ul>
Neurological condition	<ul style="list-style-type: none"><li>• Epilepsy</li><li>• Parkinson's</li><li>• Multiple Sclerosis</li></ul>
Metabolic disorders	<ul style="list-style-type: none"><li>• Hyper/Hypo thyroidism</li><li>• Diabetes Type I and II</li><li>• Obesity (BMI 30+)</li></ul>
Cardiac Rehabilitation (Phase IV)	<ul style="list-style-type: none"><li>• Post Phase III</li><li>• MI</li><li>• Stent</li><li>• CABG</li></ul>
Other	<ul style="list-style-type: none"><li>• Chronic Fatigue</li><li>• Pre-operative</li><li>• Cancer</li></ul>

### Medical exclusion:

- Blood Pressure 180/100 or above (this is for either figure reaching the limitations)
- Referral over six months old
- Referral for the same condition within three months of completing the scheme
- Incomplete or insufficient referral form
- A referral stating general fitness or inactivity
- Unstable or uncontrolled condition: Angina, Asthma, Diabetes, Epilepsy, Acute Pain or unexplained falls

(This list is not exhaustive and patients' individual circumstances should be considered when referring.)

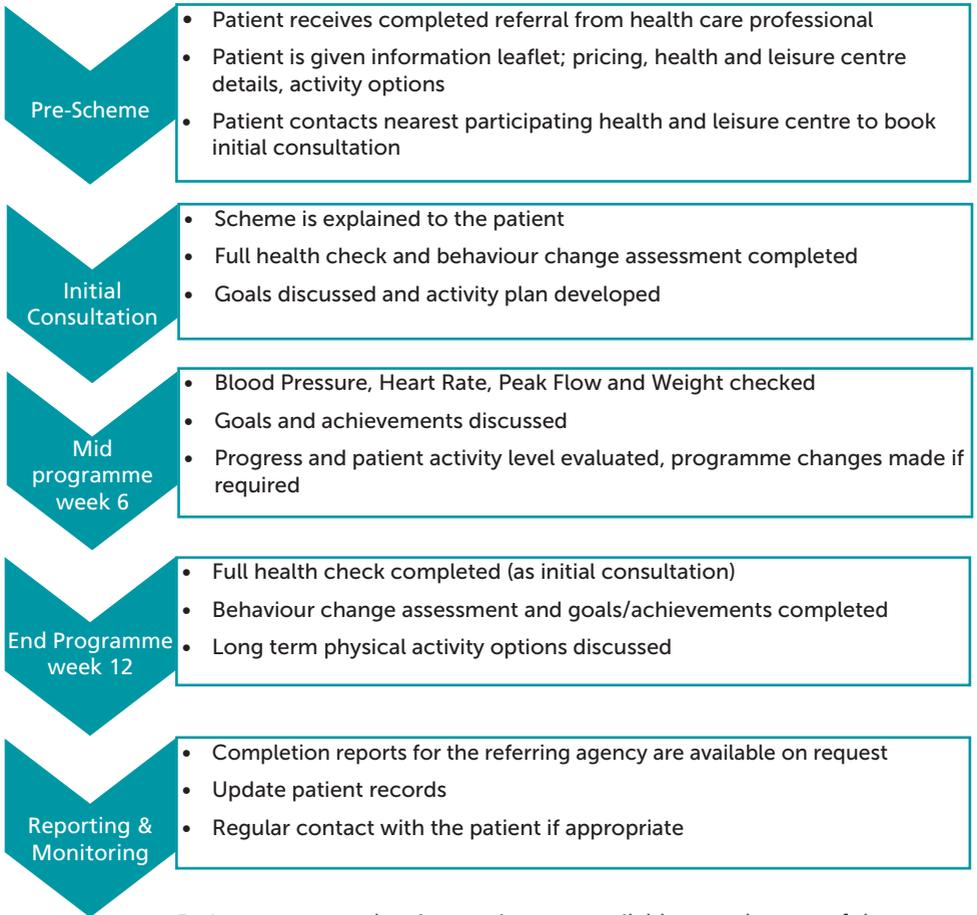
Any changes to a patient's medical status should be forwarded to the Active Lifestyles Advisors at the relevant health and leisure centre; this should be done formally in writing or using a new referral form.

## Active Lifestyles referral pathway



**Completion reports for the referring agency are available on request**

## Patient journey diagram



Patient support and review sessions are available at each stage of the programme.

## **Applemore Health and Leisure**

Claypits Lane, Dibden,  
Nr. Southampton SO45 5TN

## **Lymington Health and Leisure**

North Street, Pennington, Lymington  
SO41 8FZ

## **New Milton Health and Leisure**

Gore Road, New Milton BH25 6RR

## **Ringwood Health and Leisure**

Parsonage Barn Lane BH24 1PX

## **Totton Health and Leisure**

Water Lane, Totton SO40 3GX

### **Classes also available at Fenwick 2**

Contact Richard Bell  
023 8028 5588  
for further details

Other classes may be suitable and will be discussed  
at your assessment.

**023 8028 5531**

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