

Cambridge City Council **Exercise Referral** Guidance for Health Professionals



Why Physical Activity?

The evidence base for physical activity in the treatment and prevention of the majority of diseases is very strong with new evidence emerging all of the time. NICE has a whole host of evidence to support physical activity amongst adults, all of which can be accessed at www.nice.org.uk. On average, an inactive person spends more days in hospital than an active person, and has more family physician visits, requires more specialist service intervention and more nurse visits than an active individual. Physical activity interventions have also been shown to be a highly cost-effective use of public funds in primary care, environment, and workplace settings.

Why Exercise Referral?

Exercise Referral has been operating in Cambridge City for 20+ years. It offers adults who have a medical condition/s or disability the opportunity to become more active, as a way of managing or improving health, or as a way of preventing additional health needs. Exercise referral can help patients to achieve the recommended CMO's physical activity guidelines of 150 minutes of moderate physical activity per week. The service currently provides physical activity opportunities in:

- Tailored, individualised gym programmes, where exercise referral participants can use their discounted access, to attend the gym and independently carry out their prescribed exercises.
- Long-term condition circuit based classes,
- Swimming (recreational and unsupervised),
- Cardiac rehabilitation classes.

Patients can choose to do a mixture of activities whilst on the programme for a minimum of 12 weeks (Subject to group exercise session participant availability)

Patients attend an initial assessment with an exercise referral specialist instructor and are offered the opportunity to attend additional appointments around 6 and 12 weeks. At these appointments, patients receive further advice and support should it

be needed, and the opportunity to discuss follow-on opportunities upon completing the programme.

Where Is Cambridge City Exercise Referral Available?

- **Abbey Leisure Complex (GLL), Whitehall Road.**
- **Cherry Hinton Village Centre (GLL), Colville Road.**
- **Chesterton Sports Centre, Gilbert Road.**
- **Chesterton Recreation Ground Pavilion.**
- **Hills Rd Sports & Tennis Centre, Purbeck Rd.**
- **The Meadows Community Centre, Arbury Rd**
- **(Coming Soon) Nightingale Pavilion**
- **Parkside Pool and Gym (GLL), Gonville Place.**

Service Best Practice Aims

The service aims to meet best practice guidance as stated by the DoH National Quality Assurance Framework (2001) and the DoH Statement on Exercise Referral (March 2007) and the BHF Exercise Referral Toolkit. Key partners to the scheme include the Public Health team at Cambridgeshire County Council, who provide vital financial and directional support for the project. Evaluation of the exercise referral scheme is done continually and a report containing the findings completed annually. The report includes information on the demography of referral clients, plus satisfaction and well-being scores, attendance and retention figures.



How Do I Decide If Exercise Referral Is Best For My Patient?

This relies on your clinical judgement. Generally, patients who are most suitable for Exercise Referral, are those who are insufficiently active, who may need help with motivation, exercise programming and possibly need some supervision/monitoring/increased assistance, when selecting the most appropriate types of activity.

Please note that we do not accept referrals for “general fitness” without an accompanying medical condition and that we are not a physiotherapy service.

Use The Following Questions/Answers To Help You Decide As To Whether Exercise Referral Is Most Appropriate For Your Patient:

Has a long-term medical condition: **Yes**

Requires activity for specific health outcomes: **Yes**

Requires tailored exercise programming: **Yes**

Needs motivational support: **Yes**

Is inactive or falls below national activity recommendations: **Yes**

Ready to give activity a go!: **Yes**

Medically stable: **Yes**

Awaiting cardiac investigation: **No**

Lives in Cambridge City: **Preferable***

Is able to pay exercise referral costs**: **Yes**



* Patients living outside of the City are welcome to attend the exercise referral scheme within Cambridge City. However, patients should be encouraged to attend the exercise referral scheme most convenient to them.

The initial consultation fee is **£10 (*GLL Centres = No Assessment Fee*). Thereafter the cost per session is **£4.00**.

Target Referrals For Our Service Include:

- Cardiac Rehabilitation
- Diabetes
- Hypertension
- Mental Health,
- Obesity (BMI >30)
- Cancer (Prehab & Rehab)
- Osteoarthritis
- Rheumatoid Arthritis,
- Simple Mechanical Back Pain/Chronic Lower back Pain
- Respiratory (Asthma & COPD)
- Osteoporosis/Osteopenia
- Neurological conditions.



What if my patient has had a history of heart problems – can I still refer?

For patients that have diagnosed coronary heart disease, angina, have had a Myocardial Infarction or cardiac surgery, additional information about the patient is required, above and beyond the general exercise referral form. Specifically, a BACPR CHD Exercise Referral form needs to be completed. This is available to download via the exercise referral website www.cambridge.gov.uk/startup.

Only the patient's Cardiologist, Cardiac Physio OR GP can complete the BACPR Exercise Referral form. If you are an allied health professional, wishing to refer a patient with a cardiac history, please direct the patient to their GP. Transfers are welcomed and accepted directly from Phase III to our Phase IV community class from the cardiac rehabilitation teams at both Addenbrookes and Papworth Hospitals.

Which Health Professionals Are Allowed To Refer?

National guidance for exercise referral currently states that referrals can be accepted by the following health professionals:

- **Doctors**
- **Nurses – including community, mental health, condition specific (such as respiratory, cardiac etc)**
- **Occupational Therapists**
- **Physiotherapists**
- **Dietitians**

Prior to referring a patient for the first time, you can register your interest to do so and agree to the terms and conditions of the scheme. This can be done simply and quickly online via our website www.cambridge.gov.uk/startup. After registering, you will be sent a downloadable copy of the referral form and will be automatically added to our services health professional database, where you will be sent regular updates on the scheme.



What should I do after completing a referral form?

Upon completing a referral form, please hand this to the patient.

Then it is the patient's responsibility to take the next step and arrange an appointment at one of our centres by contacting startup@cambridge.gov.uk

Please **DO NOT send patient referral forms to Cambridge City Council offices or Leisure Centres via post. This will strongly increase the chance of a patients Exercise Referral programme being delayed.**