For further information please contact the Programme Administrator
Tel: 0191 433 6973
Email: lifestylegateway@gateshead.gov.uk
Introduction

An Exercise Referral and a Weight Management Referral programme exists in Gateshead, delivered by the Weight & Activity Management Team in partnership with South of Tyne & Wear Teaching Primary Care Trust and Gateshead Health NHS Foundation Trust and Gateshead Council, catering for clients with low, moderate and high risk factors.

The team will provide programmes to shift the balance from treatment of lifestyle related diseases, towards maintenance and prevention by providing safe physical activity opportunities, nutrition advice and education as an alternative or support for treatment.

The programmes are available to Gateshead residents and people who are registered with a Gateshead GP, and both last for 13 weeks.

An individual may be referred to the programmes if the GP or other health care professional believes that they would benefit from a personalised physical activity and/or dietetic programme, and are willing to attend.

Qualifications and Accreditation

Exercise Referral

All staff delivering the Exercise Referral programme are appropriately experienced and qualified in accordance with the National Quality Assurance Framework (NQAF) for Exercise Referral and hold the following qualifications as a minimum requirement:

- Level 3 Advanced Gym Instructor
- Level 3 Recognised Exercise Referral Qualification
- Accredited training in fitness testing/assessment
- Current First Aid/CPR certificate
- Individuals delivering to high-risk clients will hold a nationally recognised Cardiac qualification

All practitioners are members of the Register of Exercise Professionals (REPs) and follow the code of ethics laid down by REPs.

Weight Management Referral

All staff delivering the Weight Management Referral Programme are experienced and qualified to NHS standards. The programme will be delivered by both Registered Dietitians and Community Nutrition Assistants. All practitioners are members of The British Dietetic Association.
Benefits of the Exercise Referral and Weight Management Referral Programmes

It is well documented that a combination of healthy eating and regular physical activity can make a significant contribution to a person’s health and wellbeing, as well as the following benefits:

- Regular physical activity and healthy eating decreases the risk of cardiovascular disease, mortality in general and CHD mortality in particular. Physically inactive people have approximately double the risk of CHD
- Regular physical activity and healthy eating prevents or delays the development of high blood pressure, and reduces blood pressure in people with hypertension
- Physical activity and healthy eating is also important in helping people to control their body weight, and in controlling diseases
- Specific forms of physical activity and healthy eating can help to reduce the risk of falls and accidents, by improving bone health and maintaining strength, co-ordination, cognitive functioning and balance
- Physical activity and healthy eating reduces the risk of colon cancer, and evidence is growing to support links with other forms of cancer
- Moderate intensity physical activity combined with healthy eating enhances the immune system

Who can be referred to the Exercise Referral and Weight Management Referral programmes?

Participation in Gateshead’s Exercise Referral Programme and Weight Management Referral Programme would benefit adults (18 yrs +) with the following conditions and diseases:

- Overweight or obese with BMI < 28 without co-morbidities*
- Or those with BMI > 28 with one or more of the following:
  - Osteoporosis
  - Arthritis or joint problems
  - Anxiety, depression or stress
  - Asthma/bronchitis/emphysema/COPD
  - Angina
  - Heart attack
  - CABG/PCI (completed phase III)
  - Mild to moderate heart failure
  - Suffered from or are recovering from stroke
  - Claudication
  - Balance problems as a result of Parkinson’s Disease, MS etc
  - Awaiting or recovering from surgery (not cardiac)
  - Non acute severe mental illness
  - Family history of heart disease
  - Cholesterol levels consistently over 5 total cholesterol
  - Hypertension (less than 100 diastolic)
• All types of diabetes
• Impaired Glucose Tolerance (IGT)
• Hyperlipidaemia
• Food Intolerances or allergies
• Renal/Liver problems
• Other dietary related problems i.e. Coeliac disease

Please note: for Asian adults, risk factors may be of concern at lower BMI

*People with a BMI < 25kg/m² can be referred to the Exercise Referral Programme

**Who cannot be referred to the Exercise Referral programme?**

The following patients cannot be referred to the programme:

• People who have previously been referred to the Exercise Referral Programme*
• People who are already exercising on a regular basis
• People under the age of 18
• People who are not motivated to make lifestyle changes
• People whose mental health or ability to learn would not allow them to participate in the programme
• Those showing symptoms or traits considered absolute contraindications to exercise i.e.
  - Unstable angina
  - Unstable to acute heart failure
  - Specific cardiac problems
• Active Myocarditis:
  - Exercise induced ventricular arrhythmias
  - Hypertrophic Obstructive Cardiomyopathy
  - Significant Aortic Stenosis
  - Resting blood pressure above the recommended level (Cardiac patients 180/100, general population and patients diagnosed with hypertension 180/110)
  - Uncontrolled tachycardia, a resting heart rate > 100bpm (> 120 bpm for COPD)
  - Unstable diabetes
  - Severe COPD with FEVI <40% with functional limitations disproportionate to the severity of the disease

*A second referral may be considered following discussion between the referring agent and exercise referral consultant depending on the individual’s circumstances.
Who cannot be referred to the Weight Management Referral Programme?

- People under the age of 18
- People with a BMI < 25 kg/m²
- People who have previously been referred to the Weight Management Referral Programme*
- People who are currently referred to another slimming on referral programme
- People who are not motivated to make lifestyle changes

*A second referral may be considered following discussion between the referring agent and weight management referral consultant depending on the individual’s circumstances.

How does the Exercise Referral Programme work?

An individual can be referred to the programme if the GP or other healthcare professional believes they would benefit from nutrition advice and support to make positive, healthier lifestyle changes. The individual should also be at the appropriate place in the behaviour change model i.e. are willing to attend. The process is as follows:

1. The GP or other healthcare professional completes the electronic referral form and Emails this to the programme administrator (see appendix I). NB: At this stage the form cannot be emailed. 1 copy is posted to the programme administrator and 1 copy is retained by the GP or other healthcare professional for file.

2. The GP or other healthcare professional gives an Exercise Referral information leaflet.

3. A physical activity specialist will contact the patient to make the initial appointment.

4. If the referral form is not completed correctly, the administrator will contact the referring agent for further information (in the meantime the initial assessment can take place but an exercise programme cannot be designed until the additional information is received).

5. The initial consultation includes a discussion to identify the patient’s readiness to change, the individual’s goals and to establish specific conditions that need to be considered. The initial consultation also evaluates the individual’s lifestyle in terms of alcohol consumption, smoking status, healthy eating and current physical activity levels. A physical activity readiness questionnaire (PAR-Q), consent form and pre course health and fitness assessment are completed at this point.
Should the individual not attend the initial consultation, a letter will be sent inviting them to reschedule their appointment. If there is no response from the patient after two weeks, a letter will be sent to the referring agent to advise of the non-attendance and withdrawal from the programme.

6. An appropriate exercise programme is devised for the individual based on the lifestyle evaluation and fitness assessment, along with additional information signposting the patient, if appropriate, to other support services i.e. smoking cessation, or the Weight Management Referral Programme.

7. At any point during the programme individuals may be deemed able to exercise without the specific guidance and supervision of the exercise referral staff if they are:
   - Low risk and/or minor stable condition
   - Able to monitor their own responses
   - Competent to use the equipment

8. If the patient does not attend the allocated exercise sessions, a letter is sent to the patient after three weeks of absence to ascertain whether they wish to continue with the programme. If there is no reply within two weeks of sending the letter, they will be considered to have left the programme and the GP or other healthcare professional will be informed.

9. Once the patient has completed the 13 week programme, they will be invited to attend a second assessment to measure their progress and discuss how they can continue to exercise. The end of course evaluation form will be completed at this point and a summary of the results will be sent to the GP or other healthcare professional. Please see Appendix (ii) for simplified exercise referral process.

**What happens after the Exercise Referral Programme?**

At the end of the 13 week programme, patients are encouraged to exercise independently.

To ensure safety, programme progressions/amendments will be made by appropriately qualified staff and relevant details passed to the facility staff for information and reference.

A comparison report of test results (pre and post programme) will be sent to the referring agent for their records.

It should be noted that individuals can only be referred to the programme once, and should not be referred again after completion of the 13 week programme. However, changes in health or individual circumstances may be considered for re-referral following discussion between the referral agent and exercise referral consultant.
How does the Weight Management Referral Programme work?

An individual can be referred to the programme if the GP or other healthcare professional believes they would benefit from nutrition advice and support to make positive, healthier lifestyle changes. The individual should also be at the appropriate place in the behaviour change model i.e. are willing to attend. The process is as follows:

1. The GP or other healthcare professional completes the electronic referral form and Emails this to the programme administrator (see appendix I). NB: At this stage the form cannot be emailed. 1 copy is posted to the programme administrator and 1 copy is retained by the GP or other healthcare professional for file.

2. The GP or other healthcare professional gives a Weight Management Referral Leaflet

3. If the referral form is not completed correctly, the administrator will contact the GP or other healthcare professional for further information in order to ensure the patient is offered a place on the appropriate programme.

4. A member of the Weight & Activity Management Team will contact the patient to book a place on a suitable programme taking into account the patients individual circumstances and requirements.

5. Written confirmation of the programme booking is sent to the patient along with an introductory questionnaire which the patient should complete and bring to their first session.

6. The patient will then attend a 13 week nutrition education group programme*. The initial session will allow the patient to identify their readiness to change, along with exploring their goals and expectations. They will also receive an initial health check covering height, weight, body mass index, waist circumference, blood pressure, grip strength, peak flow and resting heart rate.

7. If the patient does not attend an allocated session a letter is sent within one week to ascertain if they wish to continue with the programme.

8. If the patient fails to complete the programme a letter is sent to notify the GP and/or the initial referrer.

9. Upon completion of the 13 week programme the patient will receive a final health check and be asked to complete another lifestyle questionnaire. The end of course evaluation form will also be completed at this point and a summary of the results will be sent to the GP/healthcare professional.

*One to one dietetic support may be available if appropriate.

What happens after the Weight Management Referral Programme?

Once the patient has completed the 13 week programme they will be encouraged to attend regular weigh in sessions. They will also be encouraged to access the Exercise Referral Programme (if appropriate), if they have not already done so during the course of the Weight Management Referral Programme.

It should be noted that individuals can only be referred to the programme once, and should not be referred again after completion of the 13 week programme. However, changes in health or individual circumstances may be considered for re-referral following discussion between the referral agent and Weight Management Referral Team.
Gateshead Exercise Referral & Weight Management Referral Programme - Referral Form

Please note: ALL information must be completed. Referral forms will be sent back to the referring agent if not fully completed.

Patients Details

Name __________________________  DOB __________ Gender __________________________ Ethnicity __________________________

Address __________________________________________________________  Post Code __________________________

Tel No __________________________  Daytime __________________________  Mobile __________________________

Height __________________________  Weight __________________________  BMI __________________________

Reason for referral: Please tick appropriate box(s)  □ BMI < 28  □ BMI > 28

Other __________________________

Return to: Programme Administrator, Weight and Activity Management Team, Old Town Hall, West Street, Gateshead NE8 1HE

Is this person currently sedentary?  □ Yes  □ No

Please note: patients with a history of cardiac problems may need to be assessed by a cardiac rehabilitation professional before being accepted onto the programme. To ensure that the patient is suitable, please complete this section (tick all that apply):

Heart Attack  □ Yes  □ No  If Yes, have they completed Phase III  □ Yes  □ No  If No, refer to cardiac service

Angina  □ Yes  □ No  If Yes, is the condition stable  □ Yes  □ No  If No, refer to cardiac service

CABG/PCI  □ Yes  □ No  If Yes, have they completed Phase III  □ Yes  □ No  If No, refer to cardiac service

Awaiting Cardiac Investigation / Procedure  □ Yes  □ No  If No, refer to cardiac service

Additional relevant information

Please state any medication currently being taken by the patient (or attach a list of medication to this form)

Is the patient being referred as an alternative to prescribing medication?  □ Yes  □ No

I agree to the above information being passed to the Weight & Activity Management Team Exercise Referral and/or Weight Management Referral Programme. I understand that I am responsible for monitoring my own responses during exercise and will inform the instructor of any new or unusual symptoms. I will also inform the instructor of any changes in my medication, the results of any investigations or treatments.

Patient’s signature: __________________________  Please print name: __________________________  Date: __________________________

I confirm that the above named person has met the approved criteria for inclusion (see protocol document)

Signature of referring agent: __________________________  Please print name: __________________________  Date: __________________________

Address of surgery: __________________________
GP or Health Care Professional completes referral form and forwards a copy to the programme administrator.

**Exercise Referral Route**
- A member of the Weight and Activity Management Team will contact the patient to place on a suitable programme.
- Complete initial assessment, PAR-Q and formal consent form.
- Exercise programme devised and additional signposting to other services if appropriate. Information entered onto database.
- On completion of 13 week programme, invite patient for 2nd assessment and advise on continuing exercise. Complete evaluation form and send a comparison report of test results to the GP or healthcare professional.
- Follow up questionnaires sent to patient after 6, 12 and 24 months.
- Annual evaluation report sent to GP or health care professional.

**Weight Management Referral Route**
- A member of the Weight and Activity Management Team will contact the patient to place on a suitable programme.
- The patient attends a 13 week nutrition education group. During this period patients are encouraged to exercise if appropriate.
- Once the patient has completed the 13 week programme they are invited to attend regular weigh in sessions and/or access the exercise referral programme (if appropriate). If the patient does not complete a letter is sent to notify the GP and/or initial referrer.
- Information letter sent to GP or other healthcare professional for their records, including a summary of test results.
- Follow up questionnaires sent to patient after 6, 12 and 24 months.
- Annual evaluation sent to GP or health care professional.

**Referral Process**
- If patient does not make contact within 2 weeks. Programme administrator contacts the patient to make appointment.
- If patient does not attend initial consultation, contact made with patient to reschedule.
- If the patient does not attend weight management session for one week a letter is sent to find out if they want to continue on the programme.
- If the patient does not attend exercise session for one week a letter is sent to find out if they want to continue on the programme.
- If patient does not attend 2nd assessment, send evaluation questionnaire to them.
- Inform GP or healthcare professional that patient has completed exercise programme but no comparison report available.