

# HEALTHWISE INCLUSION/EXCLUSION CRITERIA

## INCLUSION CRITERIA

All clients for the Healthwise Physical Activity Referral must be:

- Over 18 years of age
- London Borough of Hammersmith and Fulham resident or registered with a LBHF GP surgery
- Considering or ready to make a change to their physical activity levels i.e. Contemplation, Preparation, or Action stage
- Not currently active
- Able to access the venue independently, or with the assistance of their carer.

And with one or more of the following conditions:

Cardiovascular	
<b>Family History of Premature CHD</b>	Female < 65; Male < 55 and two other CVD risk factors
<b>Hypertension</b>	Medication Controlled $\geq$ 140-180SBP and or $\geq$ 90-100DBP
<b>Peripheral Vascular Disease</b>	No symptoms of cardiac dysfunction
<b><math>\geq</math>20% CVD risk over next 10 years</b>	Multiple risk factors as identified by QRisk/JBS2 risk tools
<b>Established CHD</b>	Patient must have completed Phase IV cardiac rehab <6 months ago
<b>Stroke</b>	> 3 months since stroke and < 1 year ago. Stable CV symptoms, no assistance required
Mental Health	
<b>Depression</b>	Mild to moderate
<b>Anxiety Disorders</b>	Mild to moderate
Metabolic	
<b>Hyperlipidaemia</b>	$\geq$ 6.0mmol/l and/or raised triglycerides
<b>Type 1/Type 2 Diabetes</b>	With HbA1c < 10% and adequate knowledge regarding hypoglycaemia awareness and management. If relevant: With adequate advice about adjustment of carbohydrate/treatment dosage (Insulin or oral hypoglycaemics)
<b>Overweight/Obesity</b>	BMI $\geq$ 30 ( $\geq$ 27.5 BAME) with an additional medical condition
Musculoskeletal	
<b>Fibromyalgia</b>	Associated impaired functional ability
<b>Chronic Fatigue Syndrome</b>	Significantly deconditioned due to longstanding symptoms
<b>Osteoarthritis</b>	Mild/moderate with related mobility problems (includes joint replacements e.g. hip, knee, shoulder)
<b>Osteopenia</b>	BMD between 1 and 2.5 SD below young adult mean
<b>Osteoporosis</b>	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
<b>Rheumatoid Arthritis</b>	Mild where physical activity will provide symptomatic relief
<b>Back Pain</b>	After back rehabilitation, referral from Physiotherapist
Neurological	
<b>Neurological Conditions</b>	e.g. Young onset Parkinson's Disease (stable), Multiple Sclerosis, Cerebral Palsy

Respiratory	
<b>Asthma</b>	Mild to moderate
<b>COPD</b>	Without ventilatory limitation. Patient must have completed Pulmonary Rehab <6 months ago

## EXCLUSION CRITERIA

Cardiovascular	
<b>Established CHD pre Phase IV rehabilitation</b>	Angina, Post MI, CABG, Percutaneous Coronary Intervention (PCI/Stent), Valve Replacement (refer to Phase IV Rehabilitation classes)
<b>Stroke/TIA</b>	Recent, <3 months ago
<b>Acute Coronary Event/Intervention or Diagnosis</b>	Referral to specialist services for a 4-10 week multidisciplinary programme before referral to Healthwise (if appropriate)
Mental Health	
<b>Psychiatric Illness/Cognitive Impairment/Dementia</b>	Score 8 or more on the Six-item Cognitive Impairment Test (6CIT)
Metabolic	
<b>Type 1/Type 2 Diabetes</b>	Uncontrolled or with advanced complications. HbA1c > 10%.
<b>Overweight/Obesity</b>	Without comorbidities
Musculoskeletal	
<b>Severe Osteoarthritis/Rheumatoid Arthritis</b>	With associated mobility problem. T Score >2.5
<b>Clinical Diagnosis Osteoporosis</b>	BMD > 2.5 SD from young adult mean, combined with one or more documented low trauma or fragility fractures
<b>Sports/other Injuries</b>	Individuals requiring a rehabilitation programme after an injury
<b>Back Pain</b>	Without any comorbidities / without intervention from a physio
Neurological/Respiratory	
<b>Asthma</b>	Unstable/Severe
<b>COPD</b>	With ventilatory limitation. Pre Pulmonary Rehab
<b>Cancer</b>	Patients who are receiving or post cancer treatment (<1 yr. ago).

## CONTRAINDICATIONS

-Resting SBP> 180mmHg: DBP>100mmHg	-Uncontrolled/unstable angina
-Experiences significant drop in BP during exercise	-Experiences chest pain, dizziness or excessive breathlessness during exertion
-Unstable or acute heart failure	-New or uncontrolled arrhythmias
Uncontrolled resting tachycardia >100 bpm	-Hypertrophic obstructive cardiomyopathy
-Neuromuscular, musculoskeletal or rheumatoid disorders that are exacerbated by exercise	-Acute pulmonary embolus or pulmonary infarction
-Acute myocarditis or pericarditis	-Suspected or known dissecting aneurysm
-Uncontrolled mental health condition	-Acute uncontrolled psychiatric illness
-Symptomatic severe aortic stenosis	-Febrile illness
-Other rapidly progressing terminal illness	-Acute infections/illness/fever