

# HEALTHWISE INCLUSION/EXCLUSION CRITERIA

## INCLUSION CRITERIA

All clients for the Healthwise Physical Activity Referral must be:

- Over 18 years old
- 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 (< 30 minutes per week/not an existing gym member in the last 6 months)
- Able to access the venue independently, or with the assistance of their carer

And with one or more of the following conditions:

Cardiovascular	
<b>Established CHD</b>	Patient must have completed Phase IV Cardiac Rehab
<b>Family History of Premature CHD</b>	First degree relative Female < 65; Male < 55 and two other CVD risk factors
<b>Hypertension</b>	Medication Controlled $\geq$ 140-180SBP and or $\geq$ 90-100DBP
<b>Stroke/TIA</b>	> 3 months since stroke and < 1 year ago. Stable CV symptoms, mild cognitive impairment, no assistance required
<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/JBS3 risk tools
Mental Health	
<b>Depression</b>	Mild to moderate as defined by HADS score 8-14 / PHQ-9 5-14. Adherent to medication if prescribed.
<b>Anxiety Disorders</b>	Mild to moderate (GAD score 8-14). Adherent to medication if prescribed
Metabolic	
<b>Hyperlipidaemia</b>	Total cholesterol $\geq$ 6.0mmol/l and/or raised triglycerides (>2.3mmol/L)
<b>Type 1/Type 2 Diabetes</b>	HbA1c under 86mmol/mol or 10% With adequate knowledge regarding hypoglycaemia awareness and management If relevant: With adequate advice about adjustment of carbohydrate/treatment dosage (Insulin or oral hypoglycaemics)
<b>Obesity</b>	BMI >30 (BAME >27.5) with an additional medical condition
Musculoskeletal	
<b>Joint or soft tissue condition</b>	Ongoing for more than 6 months, referral from Physiotherapist
<b>Fibromyalgia</b>	With associated symptoms that may be improved with physical activity
<b>Chronic Fatigue Syndrome</b>	With associated symptoms that may be improved with physical activity
<b>Osteoarthritis</b>	Mild to 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 below -2.5 SD below the young adult mean With no history of previous low trauma fracture

<b>Rheumatoid Arthritis</b>	Mild to moderate where physical activity will provide symptomatic relief
<b>Neurological</b>	
<b>Parkinson's Disease, Multiple Sclerosis, Dementia, Motor Neurone Disease</b>	Stable, no assistance required
<b>Respiratory</b>	
<b>Asthma</b>	Mild to moderate.
<b>COPD</b>	Without ventilatory limitation (MRC dyspnoea 1-2) Patients with MRC dyspnoea 3-5 must have completed Pulmonary Rehab <6 months ago

## EXCLUSION CRITERIA

<b>Cardiovascular</b>	<b>Description</b>
<b>Established CHD Pre Phase IV Rehabilitation</b>	Stable Angina, Post MI, CABG, Percutaneous Coronary Intervention (PCI/Stent), Valve Replacement, heart failure (refer to Phase IV Rehabilitation classes)
<b>Peripheral Vascular Disease</b>	Symptoms of cardiac dysfunction
<b>Stroke/TIA</b>	Recent, <3 months ago
<b>Acute Coronary Event/Intervention or Diagnosis</b>	Referral to specialist services e.g. Community Rehabilitation for a 4-10 week multidisciplinary programme before referral to Healthwise (if appropriate)
<b>Mental Health</b>	
<b>Psychiatric Illness/Cognitive Impairment/Dementia</b>	Unstable / moderate to severe. AMT score less than 8
<b>Metabolic</b>	
<b>Type 1/Type 2 Diabetes</b>	Uncontrolled (>86mmol/mol or >10%) or with advanced complications
<b>Musculoskeletal</b>	
<b>Severe Osteoarthritis/Rheumatoid Arthritis</b>	Severe with associated mobility problem.
<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>Respiratory</b>	
<b>Asthma</b>	Unstable / Severe
<b>COPD</b>	With ventilatory limitation. Patients grade MRC dyspnoea 3-5 to be referred to Pulmonary Rehabilitation Programme

## 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
-Symptomatic severe aortic stenosis	-Acute pulmonary embolus or pulmonary infarction
-Acute myocarditis or pericarditis	-Suspected or known dissecting aneurysm
-Uncontrolled mental health condition	-Acute uncontrolled psychiatric illness

-Osteoporosis T score < -2.5	-Neuromuscular, musculoskeletal or rheumatoid disorders that are exacerbated by exercise
-Uncontrolled diabetes	-Febrile illness
-Acute infections/illness/fever	-Other rapidly progressing terminal illness