

# Healthwise

## Physical Activity Referral Scheme



### Notes to Refer a Patient

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#### How to make a referral

Please remember that the Healthwise Physical Activity Referral Programme has been designed for those individuals who have not had access to Leisure Centres previously. It is important you follow the referral procedure as closely as possible in order to ensure that your patient is dealt with promptly.

At the end of your appointment with a patient, please ensure that you have followed this procedure:

- The Patient being referred is a low to medium risk patient and is suitable to undertake a physical activity programme.
- ALL sections of the referral form have been completed in full (with specific detail given to previous medical history and medication including ALL contact details and signatures).
- The Patient understands that they are being referred to an exercise referral programme for a 13-26 week period, which is not a one to one training service.
- The Patient understands that there will be assessments throughout the programme that are compulsory to their continuation on the Healthwise programme.
- The Patient understands that they will need to make a payment to the Leisure Centre for this programme. After their first 3 month period.
- The form has been posted to Britannia Leisure Centre, 40 Hyde Road, London N1 5JU, 020 7749 7645.

Please note that there is a separate referral process for making a Cardiac Referral. Please refer to your Referrers Manual before making this type of referral.

## Inclusion Criteria

- Asthma
- CHD
- Obesity
- Depression
- Diabetes
- Hypertension
- Osteoporosis
- Stroke
- Stress

## Exclusion Criteria

- Unstable Cardiac Disease
- Emphysema
- Advanced Diabetes
- Severe Osteoporosis
- Severe Rheumatoid Arthritis with mobility problems
- Recent Stroke

For more information relating to Inclusion and Exclusion Criteria, please refer to your Referrers Manual.

## Contraindications

UNSTABLE ANGINA

UNCONTROLLED CARDIAC ARRHYTHMIAS CAUSING SYMPTOMS OR HAEMODYNAMIC COMPROMISE

UNCONTROLLED SYMPTOMATIC (STABLE OR ACUTE) HEART FAILURE

SEVERE SYMPTOMATIC AORTIC STENOSIS

ACUTE PULMONARY EMBOLUS OR PULMONARY INFARCTION

ACUTE MYOCARDITIS OR PERICARDITIS

HYPERTROPHIC OBSTRUCTIVE CARDIOMYOPATHY

SUSPECTED OR KNOWN DISSECTING ANEURYSM

SYSTOLIC BLOOD PRESSURE > 180: DIASTOLIC BP > 100

RESTING TACHYCARDIA OF > 100 bpm

ACUTE INFECTIONS / ILLNESS / FEVER

NEUROMUSCULAR, MUSCULOSKELETAL OR RHEUMATOID DISORDERS THAT ARE EXACERBATED BY EXERCISE

UNCONTROLLED METABOLIC DISEASE (E.G. DIABETES, THYROTOXICOSIS OR MYXEDEMA)

UNCONTROLLED MENTAL HEALTH CONDITION

## Contact Us

For more information about Healthwise, please feel free to contact the team at [Britannia Leisure Centre, 40 Hyde Road, London N1 5JU](#)

Telephone: [020 7749 7645](tel:02077497645)