

# Healthy Life

## **A Scheme to Encourage Exercise**

### **Guidelines**

Version 2 May 2019



**Mansfield District  
Leisure Trust**

Providing a service on behalf of  
Mansfield District Council

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## Overview of the scheme

The scheme is aimed at helping the people of Mansfield and the surrounding areas who have a health condition or disability and need support to improve their health and wellbeing.

The scheme provides participants with the right exercise programme and activities to suit their individual needs. This is via a reduced priced membership for up to 6 months. This entitles the participant to a personal programme, access to group sessions and support from exercise referral qualified instructors and unlimited use of the gym, swim and classes at Water Meadows Swimming and Fitness Complex, Oak Tree Leisure Centre, Rebecca Adlington Swimming Centre and River Maun Recreation Centre.

This aligns with the implementation of Social Prescribing across the NHS and Public Health. It also links with local and national strategies such as the Healthy Mansfield Commission, Nottinghamshire County Council Health and Wellbeing Strategy, Sherwood Forest Hospitals Trust Healthier Communities strategy and The NHS Long Term Plan

The scheme involves a systematic individualised process and in order to provide a quality service this scheme will: -

- ❑ Establish a formally agreed process for the selection, screening and referral of specific patients
- ❑ Conduct appropriate assessment of patients prior to the programme
- ❑ Provide a specific range of appropriate and agreed physical activities for a defined period of time, which maximize the likelihood of long term participation in physical activity
- ❑ Ensure any assessments and the exercise programme are delivered by professionals with appropriate competencies and training which match the needs of the patient being referred
- ❑ Incorporate a mechanism for the evaluation of the referral process
- ❑ Facilitate long-term support for patients to maintain increases in physical activity
- ❑ Ensure the patient is consulted and involved throughout the referral process and is encouraged to take responsibility for their health and physical activity participation
- ❑ Ensure confidentiality of patient information in accordance with GDPR through secure and appropriate storage of records

# **Roles and Responsibilities**

## **Medico-legal considerations**

When increased physical activity is recommended by the health professional, the patient or client has responsibility for their own actions when and if they put the recommendations into practice.

The responsibility for safe and effective management, design and delivery of the exercise programme passes to the exercise and leisure professionals. However, clinical responsibility remains with the referrer.

## **Responsibilities**

### **Health Professionals**

The role of the health care professional is to make a recommendation and referral for the patient or client to join the scheme. However they retain overall clinical responsibility for the individual.

### **Mansfield District Leisure Trust Management**

The responsibility for safe and effective management, design and delivery of the scheme is with Health and Wellbeing Manager and Leisure Centre management. However, clinical responsibility remains with the referrer.

### **Exercise Referral Instructors**

The exercise programme is the responsibility of the exercise professional. They are also responsible for pre-exercise assessment and any consequent referral back to the health professional with regards to exercise and health.

### **Patients/Clients**

When increased physical activity is recommended by the health professional, the customer is responsible for their own actions, when and if they put the recommendations into practice

The patient/client is responsible for providing the exercise professional with the relevant information regarding medication and their condition, to enable the exercise professional to tailor a safe and effective exercise programme to the individual's needs. Any changes to their medical condition and/or medication during their membership should be notified to an instructor.

Responsibility for consenting to take part in the exercise programme and observing the programme design and guidance rests with the patient/client.

## Referral Criteria

### Who Can Refer

Referral is via Health Professionals. This includes, but is not limited to; GP's, Practice nurses, Social Prescribing Link Workers, Physiotherapists, Hospital medical staff, Changepoint, Diabetes nurses/DESMOND delivery staff

### Who it is aimed at

The scheme is intended for adults aged 18+ who have a medical condition and/or disability, are inactive – i.e. doing less than 30 minutes of moderate intensity activity per week – and need support to improve their fitness.

Participants do not need to live within the Mansfield District. We accept anyone who is happy to attend our sites regularly.

There is no upper age limit.

The schemes will include patients considered to have a **low** or **medium** risk stratification. At the moment we cannot cater for those with a **high** risk

## Risk Stratification

### Risk Stratification

Based on the Irwin and Morgan Risk Stratification Tool

#### Low:

Overweight (BMI > 25) with no other conditions,  
Type 2 diabetes (diet controlled)  
Osteoarthritis (mild),  
High normal blood pressure (130-139/85-89, not medication controlled),  
Mild depression, anxiety and stress  
Mild asthma,  
Mild skeletal and muscular injuries.  
Seropositive HIV  
Hypercholesterolemia,  
Hyper/hypothyroidism,  
Older people age >65 with no more than 2 CHD risk factors – see below.

### CHD Risk Factors

Family history - male <55, female <65  
Cigarette smoking – currently smoke or given up within the past 6-12 months  
Hypertension > 140/90  
Hypercholesterolemia – Total >5.2 mmol/l or HDL <0.9mmol/l or LDL >3.4mmol/l  
Sedentary Lifestyle – less than 30 mins moderate intensity exercise per day  
BMI - >30kg/m<sup>2</sup>  
Impaired fasting glucose >6.1mmol/l

**Medium:**

Stage one hypertension (140-159/90-99 medication controlled)  
Osteoporosis (BMD-2.5 or >4 on fracture index with no history of previous low trauma fracture),  
Physical disabilities (no other risk factors)  
Neurological problems including Stroke (>1 year ago), Parkinson's and Multiple Sclerosis (stable),  
Depression/anxiety (moderate)  
Controlled diabetes type 1 or type 2,  
COPD (without ventilatory limitation),  
Chronic fatigue syndrome,  
Fibromyalgia Moderate  
Rheumatoid arthritis/Osteoarthritis (moderate)

Phase IV cardiac rehabilitation is available via a separate class. Cancer recovery is available via Notts County Football in the Community CARE programme at Oak Tree Leisure centre

**Not Currently Available within Mansfield District Leisure Trust****High:**

Unstable or uncontrolled cardiac disease,  
Hypertension: Systolic 180 and above – Diastolic 110 and above,  
Phase III cardiac rehabilitation,  
Recent stroke (within 3 months),  
Individuals at high risk of falls,  
Claudication Unstable angina,  
Acute heart failure,  
COPD/Emphysema (with ventilatory limitation)  
Severe OA or RA  
Advanced diabetes (type 1 or 2),  
Psychiatric illness/cognitive impairment/dementia (AMT score <8)

**Absolute Contra-indications for Exercise**

- Unstable angina
- Resting systolic BP >180mmHg or resting diastolic BP >100mmHg
- Ventricular or aortic aneurysm
- A significant drop in BP during exercise
- Uncontrolled tachycardia >100BPM at rest
- Unstable or acute heart failure
- Uncontrolled arrhythmia
- Febrile illness (temporary)

# Referral Process

**1. Health Professional determines whether the patient meets the referral criteria**

**2. Health Professional recommends physical activity**

Health professional explains that the scheme is available at the leisure centres in Mansfield via a reduced price membership for up to 6 months and asks for agreement to share the patients' data with Mansfield District Leisure Trust. Health professional completes the form – available at <https://midnottspathways.nhs.uk> – search for Healthy Life.

Form is sent via email to [Carolyn.hallam@serco.com](mailto:Carolyn.hallam@serco.com) or by post marked **Confidential** to:

Healthy Life  
Water Meadows Swimming and Fitness Complex  
Bath Street  
Mansfield  
NG18 1BA

**3. Mansfield District Leisure Trust contact the patient/client to arrange the initial interview**

**4. Patient/Client joins the Healthy Life scheme**

Membership of the scheme includes up to 6 months reduced price membership for all sites including gym, swim and classes as well as a personalized programme, access to group sessions and support from exercise referral qualified instructors. This includes to option to track progress on our Boditrax © machines (see <https://discover.boditrax.com> for more details)

**5. Encouragement for long-term adherence**

After the end of the 6 months, the most suitable follow on membership will be offered to enable the customer to continue to be active.

## Outcomes

The primary focus of the scheme is to increase physical activity levels. We don't currently evaluate the scheme based on the progress of individuals, due to the wide variety of conditions accepted. Instead, we base success on the numbers of people who have joined us and continue to stay active by continuing their membership after 3 and 6 months.