

BETTER YOU REFERRAL GUIDE

for Referring Organisations and Medical Professionals

Email :info@ahswellbeing.co.uk www.ahswellbeing.co.uk



VIRTUAL EXERCISE REFERRAL

INTRODUCTION

The Better You programme launched on 1st December 2020. A 12-week rolling programme offering online live fitness classes and one to one consultations to support patients who:

- Have a medical condition that can be improved with regular exercise
- Have been advised by a GP, Healthcare worker or other professional to be more active

Better You was started with National Lottery funding from Sport England's Tackling Inequalities Fund. This aims to tackle inequalities in activity levels, through working with its partners to reach those most in need, as a result of the impact of COVID-19.

CLASS DETAILS

Each class is led by a level 4 Exercise Referral Instructor. Online classes hold up to 12 people and take place on the AHS Wellbeing Platform and include:

- Better You Mixed Ability Mon 12.30pm, Weds 11.30am & Fri 1.30pm
- Additional classes include Chair Based Pilates, Standing Pilates, Back to Exercise, Weight Management, Strength & Balance, Mindset & De-Stress Clinic, Cardiac Rehab.

HOW DO I REFER A PATIENT?

Send your referral to;

- Mid Sussex Wellbeing on 01444 477191
- Crawley Wellbeing Team on 01293 585317
- Horsham Wellbeing Team on 01403 215111
- Arun Wellbeing Team on 01903 737862.

Wellbeing team will triage the referral and AHS Wellbeing will contact the patient directly.

WHO IS IT FOR?

Clients who:

- Reside in Mid Sussex, Crawley, Horsham or Arun.
- Have a medical condition that can be improved with regular exercise, conditions include:
 - Diabetes
 - Hypocholesterolemia
 - Hypertension
 - Asthma & COPD
 - Low Back Pain
 - Arthritis
 - Osteoporosis
 - Multiple Sclerosis
 - Chronic Fatigue
 - Depression
- Have been advised by a GP, Healthcare worker or other professional to be more active

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MEDICAL EXCLUSIONS

- Unstable angina or uncontrolled heart disease
- Tachycardia or uncontrolled arrhythmia
- Resting systolic BP > 200 mmHg or diastolic BP > 110 mmHg
- Severe Parkinson's disease
- Severe breathlessness or dizziness
- Uncontrolled or poorly controlled epilepsy
- Uncontrolled or poorly controlled asthma / COPD
- Unmanaged pain
- Acute systemic illness (e.g. cancers)
- Severe Visual Impairment (under investigation)
- Any other uncontrolled condition
- Four or more medications not checked by GP > 6 months

FUNCTIONAL EXCLUSIONS

- Patient has suffered at least one fall affecting normal function
- Functional limiting diseases, such as severe stroke
- Cognition: Dementia, Alzheimer's or severe cognitive impairment (unable to follow simple instructions)
- Sit to Stand: Patient is unable to rise from a chair independently, without assistance and stand unaided
- Mobility: Patient is unable to mobilise independently.
- Patient is immobile or walks with an aid and the support of two Carers

WHAT HAPPENS AT THE END OF THE COURSE?

Participants are encouraged to continue exercising and will be signposted to suitable follow on classes available to them through AHS Wellbeing.

HOW IS THE COURSE EVALUATED?

Participants are assessed at week 1, 6 and 12 using the following methods:

- International Physical Activity Questionnaire (IPAQ)
- Biometric Statistics relevant to the clients needs. This may include BMI, Hip to Waist Ratio, BP and RHR
- 5 ways to wellbeing (2)

Results are evaluated quarterly in conjunction with AHS Wellbeing Team.