

Northamptonshire Activity on Referral Scheme Referral Criteria



Patients are only eligible for referral if they are over 16 years of age, living a sedentary lifestyle and meet the requirements of the scheme referral criteria outlined below:

Low Risk Populations	
Cardiac Disease Prevention	People with family history of heart disease but no current symptoms or other risk factors
Cholesterol	People with a Q ^o Risk Score > 10%
Stress/Depression	Mild to moderate sufferers.
Pre-diabetes / Diabetics Type II	With a fasting glucose level of 5.5–6.9 mmol/l or an HbA1c level of 42–47 mmol/mol (6.0–6.4%). Type II who are controlled through dietary restriction alone
Impaired strength or mobility / Osteoarthritis / Osteoporosis	Providing the condition is not so far advanced that there is a risk of fracture
Obesity	BMI >30 or >28 with co-morbidities
Smokers Attempting to Quit	Providing there are no CHD risk factors or symptoms of impairing respiratory function
Back Pain	Chronic
Medium Risk Populations	
Asthmatics	Controlled and stable. Must carry an inhaler when exercising
Cystic Fibrosis	Low – moderate symptoms
Diabetes Type I and II	Must be on drug therapy and their condition should be stable
Hypertensives	Controlled <160/100mmhg
Neurological Conditions	Static neurological conditions such as Parkinson’s Disease or Multiple Sclerosis
Severe Depression	If they have a carer or support worker they are required to attend with a patient
Fibromyalgia	History given

High Risk Populations	
Surgical Preparation/Recovery	Pre and post-operative hip/knee replacements and general surgery. NOT cardiac operations. Supporting guidance from Physiotherapist of contra-indicated exercise must be provided.
COPD / Pulmonary related	Disease stable and controlled
Intermittent Claudication	Providing there are no symptoms of cardiac dysfunction or any previous history of M.I or CABG
Stable Angina	Stable angina for at least 6 months with no evidence of pain at rest. No history of M.I or bypass The patient must be assessed by the local scheme co-ordinator
Valvular Heart Disease	No history of M.I or bypass. Full medical history to be given
Arrhythmias	Must be on medication and stable.
Coronary Surgery Rehabilitation	Should have attended phase 3 post event or attended phase 4
Angioplasty / M.I / Bypass	1 year post event
Stroke	Stable and cleared to exercise by the healthcare professional
Head/Brain Injury	Stable and cleared to exercise by healthcare professional. The patient will be assessed on the complexity of the injury and whether they are able exercise independently.

Please Note: If you wish to refer a patient under the criteria for “High Risk Population” please contact the Scheme Coordinator at the preferred site in the first instance. The conditions listed can only be accepted if the exercise professional at the AOR site has the specialist training and knowledge within that field.

Acceptance of other health conditions

Patients with the following conditions can only be accepted at the sites indicated due to the specialist training required by the exercise professionals.

Condition	Sites
<p>Cancer: The AOR Scheme excludes patients who are receiving treatment for cancer. The scheme will only accept patients who have been in remission for over 6 months.</p> <p>However, the sites opposite do have trained exercise professionals in this area and therefore will accept referrals to their facilities. A referral must be made by the patients Oncology Specialist before any type of exercise programme is commenced.</p>	<ul style="list-style-type: none"> • The Nene Centre, Thrapston • The Pemberton Centre, Rushden • Fitness without Boundaries, Northampton • Lodge Park Sports Centre, Corby • East Midlands International Swimming Pool, Corby • Reach for Health, Daventry
<p>Cardiac Rehab - Phase IV exercise in the community is offered at a number of sites. Referrals are made following Phase III within the Cardiac Rehab Service at the hospital listed below:</p> <p>Cardiac Rehab Programme - Kettering Floor 5 Thorpe House Kettering Hospital Rothwell Road, Kettering Northamptonshire NN16 8UZ Telephone: 01536 491388</p> <p>Cardiac Rehab Programme - Northampton Cardiac Rehabilitation Department Northampton General Hospital, Cliftonville Northampton Northamptonshire NN1 5BD Telephone: 01604 545345</p>	<ul style="list-style-type: none"> • Lodge Park Sports Centre, Corby • Reach for Health, Daventry • Manor Sports Centre, Raunds

4.3 Exclusion Criteria

The County Standard Protocol cannot accept referrals for the following conditions;

- Heart Failures
- Back Surgery
- Complicated Surgery
- Hypertensives Medicated or with BP >160/100
- Patients who are in process of Treatment for Cancer (apart from the site listed above)