



## Be Active + Exercise Referral Scheme

### Information and guidance for referring health professionals

Be Active + is the primary care exercise referral programme for Birmingham. It provides support, motivation and guidance to inactive people with long term medical conditions to enable them to participate in regular physical activity.

Be Active + is delivered by Birmingham City Council. Registered healthcare professionals from GP surgeries can refer their patients (who fit the inclusion criteria) to Be Active +.

The Be Active + programme aims:

- 1 to work with the NHS, Birmingham Public Health and GP surgeries to provide a co-ordinated service to improve patient health and fitness
- 2 to provide a range of suitable activity options
- 3 to provide individually tailored exercise programmes by appropriately qualified staff
- 4 to give continued advice, support and guidance to patients during the programme to help manage their chronic disease
- 5 to provide clear and relevant information to evaluate the improvements in health and fitness of patients and the programme as a whole

**Be Active + is available to sedentary or inactive individuals aged 14 and over, who are registered at a Birmingham GP, and have an existing health condition or other risk factors for disease. A patient needs to have 2 or more low risk conditions, or 1 or more medium risk conditions according to the inclusion criteria on page**

There is no cost to the patient (or the surgery) for being on Be Active +. During the programme on the Be Active + scheme the patient will have off peak free access into the Wellbeing Centre or Leisure Centre and are able to attend all Be Active sessions (subject to availability).

## The Referral Process

Referrals can be made by healthcare professionals in primary care. Referrals can also be made by some cardiac rehabilitation and pulmonary rehabilitation secondary care services once patients have completed the relevant step-down rehabilitation programmes. Referring clinicians must be registered with the relevant professional body and have appropriate qualifications and accreditation for the role they perform. Clinicians must also have access to patients' medical records, ensure patients meet the referral criteria and retain overall clinical responsibility for their referred patients.

Healthcare professional identifies patient who is currently inactive and appropriate for referral

Patient shows interest in participating and is motivated to becoming more active

Healthcare professional completes section A, B and C\* on the Be Active + referral form and sends to [bhambeactiveplus@nhs.net](mailto:bhambeactiveplus@nhs.net)

Be Active + Health and Fitness Advisor calls the patient to book their 1<sup>st</sup> appointment and has an informal chat. An induction session is planned at the patient's chosen Be Active + venue

1<sup>st</sup> appointment – Be Active + Health and Fitness Advisor meet at the local venue for a one-to-one induction session. A tailored activity programme is agreed jointly.

Patient attends the 12 week programme with regular input and reviews by Health and Fitness Advisor as appropriate & dependent on medical conditions

At the end to the programme the patient attends an exit appointment. A report is sent back to the referrer

\*Sections D and E are required if referring to specialist classes.

To request further Be Active + literature, including referral forms and patient leaflets, please contact the Birmingham Wellbeing Service

Email: bhambeactiveplus@nhs.net Tel:- 0121 728 7030 Fax:- 0121 238 0025

The Active Wellbeing Society - Manor House, Hay Hall Business Park, Redfern Road, Tyseley, Birmingham, West Midlands, B11 2BE

### Where can a patient go for Be Active +?

Be Active + is a city-wide service open to all Birmingham residents and patients who are registered with a Birmingham surgery. Patients will be invited to attend a Be Active + programme at a local venue. These include:

- Northfield Pool & Fitness Centre Bristol Road South, Birmingham B31 2PD
- Handsworth Wellbeing Centre Holly Road, Handsworth, Birmingham B20 2BY
- Kingstanding Wellbeing Centre Dulwich Road, Kingstanding, Birmingham B44 0EW
- Nechells Wellbeing Centre Rupert Street, Nechells, Birmingham B7 5DR
- Saltley Wellbeing Centre 120 Broadway Avenue, Bordesley Green, Birmingham B9 5YD
- Shard End Wellbeing Centre 170 Packington Avenue, Shard End Birmingham B34 7RD
- Small Heath Wellbeing Centre Muntz Street, Birmingham B10 9RX
- Cocks Moors Woods Leisure Centre Alcester Road South, Kings Heath, Birmingham B14 6ER
- Fox Hollies Leisure Centre Shirley Road, Acocks Green, Birmingham B27 7NS
- Erdington Leisure Centre Orphanage Road, Erdington, Birmingham B24 9HU
- Stechford Leisure Centre Station Road, Stechford, Birmingham B33 8QN

### Appropriate referrals

Be Active + is available to sedentary or inactive individuals aged 14 and over, who are registered at a Birmingham GP, and have an existing health condition or other risk factors for disease. A patient needs to have 2 or more low risk conditions, or 1 or more medium risk conditions according to the inclusion criteria below:

Low risk (Patient needs 2 or more low risk conditions)		
High normal blood pressure	Systolic 130-139mmHg / Diastolic 85-89mmHg not medication controlled	
Overweight	Patients with a South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean family background	BMI of 23-27.4
	Patients with any other family background	BMI of 25-29.9
Antenatal and postnatal	No symptoms of pre-eclampsia/ history of miscarriage. No complications at 6-week check	
Type 2 diabetes	Diet controlled	
Adults aged 65 years and over	Not at risk of falls	
Osteoarthritis	Mild and where physical activity will provide symptomatic relief	
Mild bone density changes	Bone mineral density (BMD) >1 SD and <2.5 SD below adult mean	
Asthma	Controlled without need of medications during sub maximal exercise	
Depression and anxiety	Currently asymptomatic	

Medium risk (Patient needs 1 or more medium risk conditions)		
Possible high cardiovascular disease (CVD) risk	Identified by >10% risk of CVD over the next 10 years identified through an NHS Health Check conducted in the last 5 years Male > 45 or Female >55 with family history of coronary heart disease or currently smoking and engaged with a smoking cessation programme	
Stage 1 hypertension	Systolic 140-159mmHg / Diastolic 90-99mmHg	
Obesity	Patients with a South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean family background	BMI over 27.5
	Patients with any other family background	BMI over 30
Type 2 diabetes	Medication controlled	
Type 1 diabetes	With adequate instructions regarding modification of insulin dosage depending on timing of exercise and warning signs	
Asthma	Mild (ventilatory limitation does not restrain sub maximal exercise)	
Previous cardiac event	At least 3 months ago (e.g., MI or cardiac surgery) and have completed cardiac rehabilitation No other symptoms, can carry out activities of daily living (ADL)	
TIA	TIA > 4 weeks ago Stable CVD symptoms	
Stroke	>6 months ago Stable CVD symptoms	
Neurological conditions	e.g., Parkinson's Disease (stable); multiple sclerosis	
Clinical diagnosis of osteoporosis	BMD -2.5 at spine, hip, or forearm or $\geq 4$ on FRACTURE index, with no history of previous low trauma fracture	
Depression/ anxiety	Moderate/ severe	

Fibromyalgia	Associated impaired functional ability, poor physical fitness, social isolation, neuroendocrine and autonomic system regulation disorders
Moderate or severe osteoarthritis or rheumatoid arthritis	Any patient with moderate or severe osteoarthritis or rheumatoid arthritis impacting on ADLs
Physical disabilities	Any patient with a physical disability
Peripheral arterial disease (intermittent claudication)	Any patient with Peripheral arterial disease
COPD	Any patient with COPD on medication
Cancer	Currently receiving cancer treatment Has had cancer in the past (not including skin cancer unless metastasised)

### Inappropriate referrals

Patients who are registered at a surgery outside Birmingham cannot be referred.

Patients with less than 2 low risk conditions and patients who are deemed medically high risk, or have a condition exacerbated by exercise should not be referred.

High risk: Not suitable for exercise referral scheme. Refer patient back to the GP for optimal medical care	
Hypertension	Uncontrolled hypertension above 180/100mmHg
Diabetes (Type 1 or 2)	Unstable diabetes Advanced retinopathy Evidence of advanced peripheral neuropathy or autonomic neuropathy (i.e. hypotension or lack of warning for ischaemia) No adequate instructions regarding modification of insulin dosage depending on timing of exercise and warning signs
Asthma	Treatment resistant severe asthma, including asthma for which control is not achieved despite highest level of recommended treatment
COPD	Patients requiring oxygen or true ventilatory limitation
Coronary Heart Disease	Cardiac events less than 3 months ago and have not completed cardiac rehabilitation Unstable angina and uncontrolled cardiac disease Uncontrolled arrhythmia Patients awaiting Angioplasty/ CABG Symptomatic orthostatic hypotension Claudication with cardiac dysfunction
TIA	TIA <4 weeks ago Any of the CHD exclusion criteria
Stroke	Stroke <6 months and not completed stroke rehabilitation/ had input from community stroke team Any of the CHD exclusion criteria
Osteoporosis	Established severe osteoporosis: T-score of -2.5 SD or below with one or more associated fractures If high risk of falls direct to falls prevention programme
Depression or anxiety	Exclusion for those experiencing acute episodes of psychosis
Neurological conditions	Uncontrolled seizures
Adults aged 65 years and over	If at risk of falls, then refer to Keep Active Programme
Cancer	Can attend Cancer Rehab Programme delivered by a Wellbeing Service Level 4 Instructor

## Further information

- The role of the health care professional is to make a referral into the scheme considering the inclusion and exclusion criteria provided, and to retain overall clinical responsibility for the individual patient.
- The patient is responsible for following the exercise recommendations given to them by the Health and Fitness Advisor – including a recommendation on an appropriate number of weekly exercise sessions
- Patients must give their informed consent within the limit of their competence to do so, whatever that limit may be, and to the best of their knowledge. Informed consent must be obtained from a carer or another appropriate person if the participant's competence to give informed consent is limited.
- Be Active + participation is not transferable
- Participation is from the day of the first appointment with the Health and Fitness Advisor
- The free access on Be Active + must be continuous
- Patients can only be referred to Be Active + once in any rolling 12 month period for the same condition
- Patients must swipe their membership card at reception to access activities
- For safety reasons free access is available only when there is space in the class, session or activity
- Birmingham City Council and Birmingham Community Leisure Trust reserve the right to withdraw this offer
- Patients will be given the opportunity to access a reduced monthly membership for a 12 month period
- When a patient has completed the programme on Be Active + they will need to attend their exit interview