

### **13. The GP Exercise Referral Programme**

#### **What is the aim of the programme?**

The aim is to help physically inactive adults become more active through the provision of a patient led pathway of specialist support

#### **What are the criteria for referral to the programme?**

Inclusion criteria: those currently not meeting the Irish PA guidelines, over 18 years of age and interested in becoming more physically active. Currently the programme caters for a wide variety of pre-existing medical conditions as long as they are controlled. Patients with pre-existing cardiac conditions cannot be referred. The programme and the training the instructors currently receive focuses on the primary prevention of CHD. Cardiac rehabilitation training could be developed in the future to open the programme up to secondary prevention referrals.

#### **How is a referral is made by the GP / Practice Nurse etc?**

Once an instructor becomes qualified they are then referred to as the Local Coordinator. The local health promotion unit, in partnership with Primary Care Units, recruit GPs to refer to the Local Coordinator. Once recruited and officially signed up to the programme the GP is issued with referral resources and can begin referring patients using the standard form (see pg 27). The referral protocol, procedures and resources are the same across the whole of Ireland to ensure clarity and sustainability. If a practice nurse wishes to refer, they must ensure the form is countersigned by the GP to ensure medical suitability.

#### **Cost for both public and private patients**

The cost for each patient is determined by the facility that the qualified Local Coordinator is working from. The facility is advised to offer a membership and/or pay as you go option that is less than or equal to their lowest price product. Due to the huge variety in the type of facility that delivers the programme there cannot be a standardized cost.

#### **What qualifications must coaches already have before being considered for delivery of the programme?**

The course is open to instructors that have a recognised gym instructor qualification. The course covers the clinical, psychological and managerial aspects of delivering the exercise referral programme from a leisure facility.

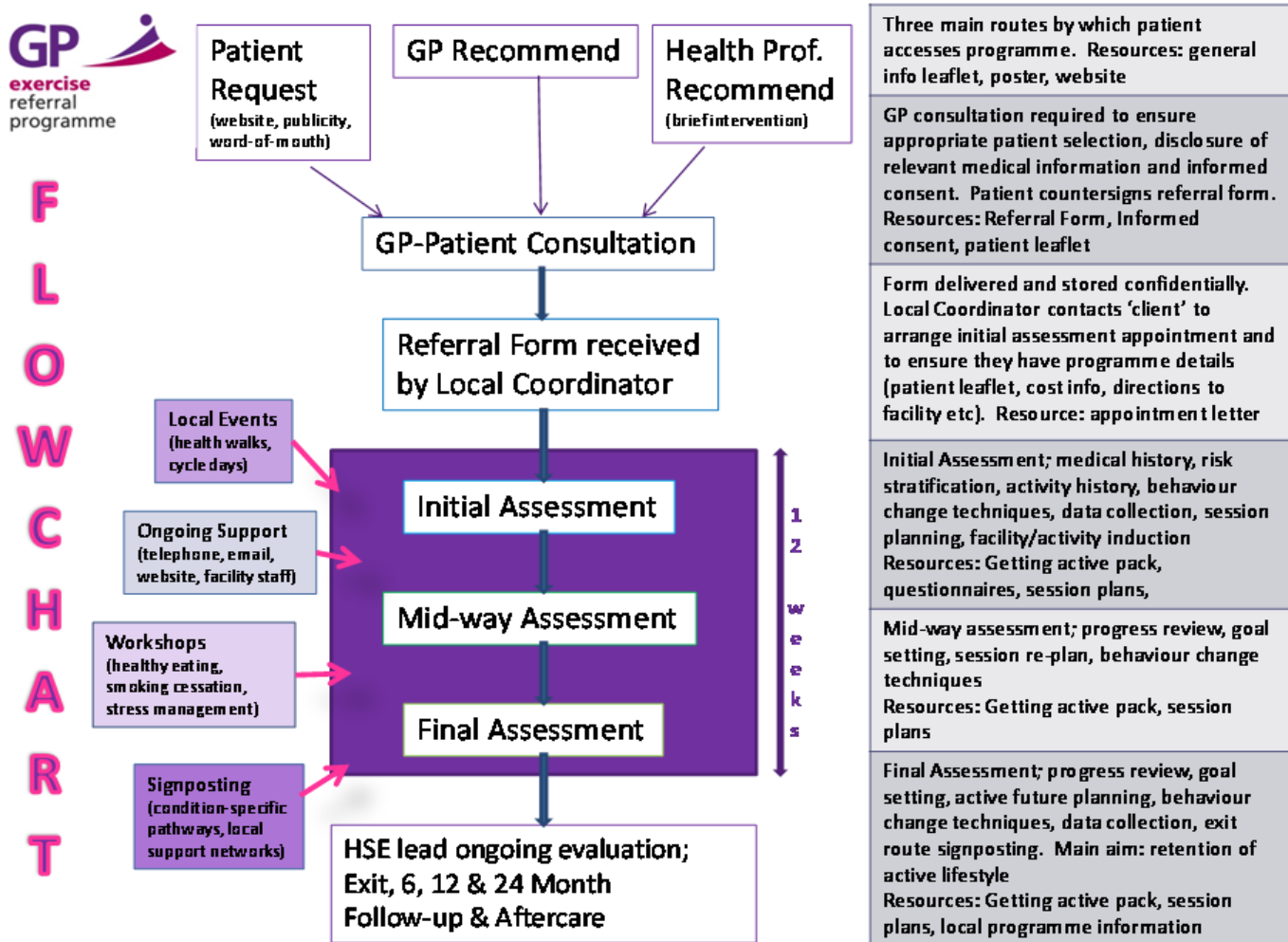
#### **What training do coaches receive before they start delivering the programme?**

A specialist national training course has been developed to ensure that instructors are suitably qualified to receive referrals. This course must be completed successfully before

they can start receiving referrals. For an up-to-date record of the facilities that are currently delivering please visit [www.gpexercisereferral.ie](http://www.gpexercisereferral.ie)

### How does the programme work?

Please see the attached flow chart that defines the pathway. HSE Health Promotion and ILAM work in partnership to set up Local Working Groups to support the Local Coordinator. This is made up of health promotion staff, primary care staff, local sports partnership, a GP rep etc.



### Where is the programme being delivered now ?

An up to date map of the facilities delivering is available on [www.gpexercisereferral.ie](http://www.gpexercisereferral.ie). As of January 2010, 25 instructors are qualified Local Coordinators. Operating facilities include;

<b>Facility Name</b>	<b>Address</b>	<b>HSE Region</b>
<b>Mardyke Arena UCC</b>	Cork	HSE South
<b>Personal Health &amp; Fitness Centre</b>	Cork	HSE South
<b>Fitwell Ireland</b>	Dublin	HSE NorthWest
<b>Evolution Gym</b>	Limerick	HSE West
<b>Newbridge Sports &amp; Leisure Centre</b>	Kildare	HSE DML
<b>DLR Leisure Services Monkstown</b>	Dublin	HSE North East
<b>1Escape Health Club</b>	Dublin	HSE DNE
<b>Bundoran Seaweed Baths &amp; Wellness Centre</b>	Donegal	HSE West
<b>Irish Wheelchair Association</b>	Dublin	HSE DNE
<b>Stewarts Sports Centre</b>	Dublin	HSE DML
<b>Portarlington Leisure Centre</b>	Laois	HSE DML
<b>One2one Active @ Letterkenny Community Centre</b>	Donegal	HSE West
<b>An Riocht Health &amp; leisure Club</b>	Kerry	HSE South
<b>Athlone Regional Sports Centre</b>	Athlone	HSE DML
<b>Westpark Fitness</b>	Dublin	HSE DML
<b>Portlaoise Leisure Centre</b>	Laois	HSE DML
<b>Bodytrim Navan</b>	Meath	HSE DNE
<b>Skibbereen Sports Centre</b>	Cork	HSE South
<b>Sarah Smith</b>	Galway	HSW West
<b>University Arena</b>	Limerick	HSE West
<b>Grove Island Leisure Centre</b>	Limerick	HSE West
<b>Ennis Leisure Centre</b>	Ennis	HSE West
<b>Newpark School</b>	South Dublin	HSE DML
<b>Oughterard</b>	Galway	HSE West
<b>Sportlann Naomh Anna</b>	Galway	HSE West
<b>Galway City</b>	Galway	HSE West
<b>Tralee Regional Sports Centre</b>	Tralee	HSE South
<b>Coral Leisure Monaghan</b>	Monaghan	HSE DNE
<b>Fit for Life Roscrea</b>	Tipperary	HSE West
<b>Splashworld Tramore</b>	Waterford	HSE South

### **What other named sites will join the programme in 2011?**

The next national training course (Local Coordinator certificate) is currently receiving applications and will begin in February. We currently have over 100 expressions of interest. Due to demand a second course is likely to be scheduled for September 2010. Candidates on the current 09/10 course include;

<b>Organisation</b>	<b>County</b>	<b>HSE region</b>
Coral Killarney	Kerry	SOUTH
Thurles Leisure Centre	Tipperary	WEST
NRG	Galway	WEST

Sanovitae Quality Hotel Youghall	Cork	SOUTH
Grove Island Leisure	Limerick	WEST
Freelance	Dublin	DNE
Manor West Hotel	Kerry	SOUTH
<b>Ennis Leisure Centre</b>	Clare	WEST
Lakeside	North Tipperary	WEST
Trinity College Sports Centre	Dublin	DML
Coral Killarney	Kerry	SOUTH
Freelance	Galway	WEST
Cappoquin Community Development	Waterford	SOUTH
Exercise & Weight Management Academy	Donegal	WEST
NRG Health & Fitness	Galway	WEST
Shoreline leisure	Wicklow	SOUTH
Freelance	Galway	WEST

Who is currently in training, due to graduate in early 2012?

Facility Name	County	HSE Region
Breaffy House Resort	Mayo	West
Sporty's Gym Killarney	Kerry	South
DLR Leisure Services Meadowbrook	Dublin	DML
Knocknarea Arena	Sligo	West
K. Leisure	Kildare	DML
Sligo Regional Sports Centre	Sligo	West
Leitrim Sports Partnership	Leitrim	West
K Leisure Naas	Kildare	DML
Sligo Park Health & Leisure	Sligo	West
Freelance	Galway	West
Thurles Leisure Centre	Tipperary	West
Best Western Sligo Hotel	Sligo	West
Shoreline Leisure	Wiclow	DML
Freelance	Clare	West
Kingfisher	Clare	West
Dublin City Council	Dublin	DNE
ALSAA	Dublin	DNE
GP Based	Dublin	DNE
Ashdown Park Hotel	Wexford	South
K2NY	Cork	South
Freelance	Clare	West
DCU	Dublin	DNE
<b>Freelance</b>	Limerick	West

**PATIENT INFORMATION**

Name: <i>EXAMPLE REFERRAL SHEET ONLY</i>	
Address:	
Tel. (home):	Tel. (other):
Date of Birth:	Gender: M / F

**MEDICAL DETAILS**

Condition	Details
Hypertension	
Diabetes	
Hypercholesterolemia/hyperlipidemia	
Overweight/Obesity	
Mental Health (anxiety, depression, stress)	
Respiratory (Asthma, COPD)	
Musculoskeletal (OA, OP, Back Pain etc.)	
Relevant Surgical History	
Family History of CHD	
Other relevant information	

**MEDICATION**

Please select one of the following options;  a list of the patient's current medication is attached  
 the patient is currently not taking any medication

**PATIENT CONSENT**

I agree for the above information to be passed on to the Local Coordinator. I understand that I am responsible for monitoring my own responses during exercise and will inform my coordinator of any new or unusual symptoms. I will inform the coordinator of any changes to my medications and/or health. I will disclose the results of any relevant investigations or treatment. I have read and understood the informed consent statement.

Patient Signature:

Date:

**GP AUTHORISATION**

The patient exhibits no contraindication to exercise as outlined in the protocol and is (please tick);

- Over 18 years of age
- Currently sedentary (<30mins 5days/week)
- Interested in becoming physically active
- and has read and understood the informed consent statement

GP's Signature:

Date:

Please insert practice stamp;