

Referral Guidance Macmillan Move More Programme



Inclusion Criteria

The Move More Programme is available to any adult diagnosed with breast cancer that lives, works or has a doctor in:

- Burnley
- Ribble Valley
- Pendle
- Rossendale
- Blackburn with Darwen
- Hyndburn

The patient must understand and consent to a referral to the programme.

| Medical Condition | Specific Inclusion Criteria |
|------------------------------------|---|
| Obesity | BMI 30.0 to 39.9 with or without additional CHD risk factors |
| Osteoarthritis (OA) | Mild-to-moderate severity –as determined by the referring medical/health professional. |
| Rheumatoid Arthritis (RA) | Medication controlled, not during flare ups or active infection. |
| Osteoporosis | Diagnosed, treated and stable. Pre or post fracture dependent on the discretion of the referring medical/health professional. |
| Simple Mechanical Back Pain (SMBP) | In the absence of red flags* |
| Asthma | Stable and controlled; the client must bring their reliever medication with them and keep it near to them during exercise sessions. |
| COPD | Mild to moderate severity; at the discretion of the referring medical/health professional, preferably as part of a structured clinical intervention. |
| Stress | GPs provision as to the suitability for referral. |
| Anxiety | Mild to moderate severity (HAD score between 8-14). |
| Depression | Mild to moderate severity. |
| Diabetes Mellitus (Type 1) | Stable and controlled; GP or referring clinician to advise on modification of insulin prior to physical activity. |
| Diabetes Mellitus (Type 2) | Diet controlled or orally medicated and no CHD. GP or referring clinician to advise on modification of insulin prior to physical activity (if insulin dependent). |
| Hypercholesterolemia | Diagnosed and stable |
| Hypertension | Diagnosed and stable (<180/110mmHg prior to referral) |
| CHD/angina pectoris | Stable, with no previous heart attack; Provision for 'relief' medication must be addressed. |



Exclusion Criteria

- Under the age of 16.
- BMI <18.5 kg/m or >40.0kg/m
- Any client with an uncontrolled or unstable condition e.g. Angina, Diabetes, COPD, Asthma or Hypertension.
- Resting blood pressure \geq 180/110mmHg
- Uncontrolled Arrhythmia.
- Recent complicated MI or awaiting further cardiac investigations.
- Acute infection.
- Active retinal haemorrhage.
- Unstable psychiatric disorder.
- Patients who have had chronic back pain for over 6 months, who have not had a physiotherapy assessment.
- Patients who in their Healthcare Professional's opinion are not medically fit to take part in twelve weeks of physical activity.

* Red flags are recognised as precluding a patient from exercise referral in the case of Simple Mechanical Back Pain as they indicate the likely need for higher level care/intervention:

- Non mechanical pain;
- Thoracic pain;
- Fever and unexplained weight loss;
- Bladder and bowel dysfunction;
- History of carcinoma;
- Ill health or presence of other medical illness;
- HIV;
- Progressive neurological deficit;
- Disturbed gait or saddle anaesthesia (a loss of sensation restricted to the area of the buttocks and perineum);
- Age onset <20 years or >55.

If you have any questions regarding making a referral to the Move More Programme please contact:

Beth Sutcliffe - Macmillan Physical Activity Coordinator

Phone: 01254 585 992 or 07872 047 684 Email: beth.sutcliffe@blackburn.gov.uk

Please return completed Move More Referral forms to:

Beth Sutcliffe, Macmillan Move More Programme, Leisure, Health and Wellbeing, Blackburn with Darwen Borough Council, 3rd Floor Central Library, Town Hall Street, Blackburn, BB2 1AH

FAX: 01254 694 503 **Secure email:** beth.sutcliffe@blackburn.gcsx.gov.uk