

Health Practitioner Briefing Sheet



Active Choices in East Lothian (ACE) is a physical activity referral project for sedentary adults aged 18 and over, who have a stable and controlled long term health condition.

What will Active Choices in East Lothian do for my patients?

The project coordinator will meet patients for a one-to-one consultation to discuss goals and create an activity action plan. The action plan will be for 12 weeks and can include a range of activities based in a leisure or community setting, such as walking, swimming, yoga, dance, gym, cycling and more.

Patients will be regularly followed up and their action plan goals reviewed with the project coordinator.

Who is eligible?

You can refer patients who meet the following criteria;

Cardiovascular disease

- Stable angina; high BP (stable and medicated); medicated high cholesterol; previous MI (6 months post event or completion of cardiac rehab); risk factors for CVD

Respiratory disease

- Stable and controlled asthma; stable COPD (not during acute exacerbation)

Currently being treated for mild mental health problems

- Anxiety; depression (PHQ9 score between 5 – 14)

Weight management

- Overweight (BMI 25 – 29.9); obese (BMI 30 – 39.9)

Joint/musculoskeletal pain

- Osteoarthritis (mild enough for PA to provide symptomatic relief); medically controlled rheumatoid arthritis (not during flare up or active infection); non-specific lower back pain lasting \geq 6 months (no red flags detected)

Diabetes

- type 1 (stable and controlled); type 2 (diet controlled or orally medicated)

Neurological condition

- Parkinson's disease; MS (not during relapse); post stroke (moderate to high functioning)

Currently inactive

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Who is not eligible?

Any unstable condition

Individuals unable to follow an individual or class based activity (severe cognitive or physical impairment)

Children under the age of 16

- refer to the RHSC

Individuals with a learning disability

- Refer to East Lothian Learning Disability team (if not already known)

Individuals with a mental health problem

- Refer to East Lothian Adult or Older Peoples Community Mental Health Team as appropriate

How do I refer a patient?

- Refer via **SCI gateway** or by **completing an Active Choices in East Lothian referral form**
- Send form to **Cara Blair, East Lothian Community Health & Activity Officer** at the address below
- Give patient the information leaflet on "ACE"

If you are discharging the patient from your care and wish all feedback to be sent to another source, please make note on the back of referral form.

If you have any questions regarding the above information or you would like to discuss anything in more detail then please contact the East Lothian Community Health & Activity Officer:

Cara Blair
Community Health & Activity Officer
c/o Physiotherapy Referral Management
Attic Offices, Roodlands Hospital, 5 Hospital Road
Haddington, East Lothian EH41 3PF

T: 01620 827268 / 07715 802419
E: cblair@eastlothian.gov.uk

