Active Forth Physical Activity Referral Programme





The aim of Active Forth is to give the individual an opportunity to become more active and gain the benefits of a healthier lifestyle. They will take part in a structured physical activity programme supported by our physical activity consultants in 1 of our 4 gyms. They will have the option to take part in supported active forth classes, gym sessions and swimming. This programme runs for 6 months the PA consultant will create a plan for ongoing exercise after this point where the individual will be able to continue their exercise routine. Active Forth is for any age group from 11+

Access to this service is payable via monthly membership or per visit this will be discussed with patient at first appointment. If cost is an issue, please consider our award-winning Step Forth free walking programme.

Step Forth: www.falkirkleisureandculture.org/fit-and-active/step-forth/

Active Forth is not appropriate for the following individuals. Clinical judgement will be important but individuals with the following will not be suitable for referral:

- Unstable angina
- Unstable hypertension
- Unstable medication-controlled diabetes- at high risk of hypo.
- Unstable severe coronary heart disease.
- NYHA 4 HF classification.
- Early post myocardial infarction/coronary artery bypass graft/angioplasty without Cardiac Rehabilitation Assessment.
- Unmanaged severe mental health problem.

Patient's Information				to enable Active Forth to process without delay. Health Professionals Information				
Name:				Name:				
D.O.B:				Address:				
Address:				Audicoo.				
Address:								
				Post code:				
Post code:				Telephone:				
Telephone:				Email:				
Email:				Pati	ent is aware o	f Active Forth Cos	t: 🗆 Yes 🗆 No	
Emergency Contact Name:				Recent Blood Pressure Reading:				Date:
Contact Telephone:				Recent Weight. kg / stone:				Date:
We will accept patients with the for N.B. If you have a patient that doe please contact us and we can disc	s not fit	these c	riteria, but you i	feel th	at they could	benefit from parti	icipating with Active	
□ Pre-Diabetes (HbA1c 42-47 mmol/mol)□ Diabetes (I)□ Diabetes (II)		Stroke ☐ Ischemic ☐ Hemorrhagic ☐ TIA			☐ Hypertension (3+) ☐ Anxiety		☐ Cancer Rehabilitation — Cancer:	
							Cancer.	Cancer.
					☐ Fibromya	ılgia	State relevant deta	State relevant detail in notes box below
☐ Depression		☐ Stress			☐ Cystic Fibrosis		☐ Injury/Post rehab surgery Injury Type:	
☐ Chronic Fatigue Syndrome/ ME		☐ Chronic Back Pain			,			
☐ Multiple Sclerosis		☐ Epilepsy			Falls Prevention detail: — T score:		State relevant detail in notes box below	
Osteopenia detail		Osteoporosis detail:					☐ Serious Respiratory Disorder	
T score: ☐ Arthritis		T score: ☐ Parkinson's			Peripheral Vascular Disease		Disorder:	
☐ Cardiac: Please complete		☐ Cerebral Palsy			☐ Spina Bifida		If know MRC dyspnoea scale: State relevant detail in notes box below	
*Cardiac Status below.		Cerebral Palsy						
*Cardiac Status /Please Select Re	evant St	atus:						
□ Post MI □ NSTEMI □ STEMI	Date:		☐ Angina		Date:	☐ Other Cardia		
□ POST CABG	Date:		☐ Heart Failure			☐ Cardiac Reh	ab Assessment:	Date:
☐ Post Angioplasty☐ Valve Repair / Replacement	Date:		☐ Arrythmias☐ ICD		☐Yes ☐No			
Medications or attach prescriptio	n							
Notes for Physical Activity Referr	al Consu	ltant: (Please give as n	nuch r	elevant detail	as possible to aid	in Physical activity P	lan)





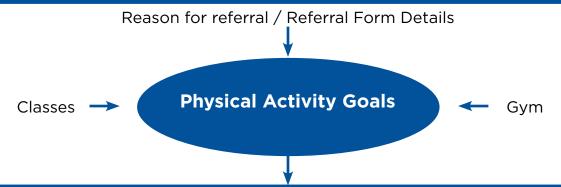
The aim of the programme is to give the patient an opportunity to become more active and gain the benefits of a healthier lifestyle.

They will take part in a 6-month structured physical activity programme in our gyms. The physical activity plan will provide access to gym, swimming and classes. Access to this service does come with a subsidised charge which will be discussed with patient at first appointment.

Health Professional completes referral for Eligible Individual

(Please select preferred Centre. See criteria on form for unsuitable referrals)

Once form is received Physical Activity Referral Consultant will contact Individual for 1st Appointment to discuss:



Individual is booked for 2ND Appointment to attend centre

Physical Activity Plan is created & Joining Active Forth is completed

(Patient will be active during this session. This can be 1-2 appointments)

6 & 12 Week Assessment Update & Review

(Individual is encouraged and supported to uptake physical activity, more reviews can be offered for this)

24 Week Progress Review

Successful Completion plan for continued physical activity

Some long-term health conditions will warrant the continued support from PARC/Active Forth and so will remain on Active Forth.

Incomplete/ Drop Out

Referrals can be reassessed and accepted back to active forth if appropriate.