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| **Pathway for Collaborative Physical Activity Services** | | **PHYSICAL ACTIVITY REFERRAL STANDARDS DEFINITION** |
| **COMMUNITY LEVEL** | C:\Users\dlaid01\AppData\Local\Microsoft\Windows\INetCache\IE\KU4CBS5C\restroom-304984_960_720[1].png C:\Users\dlaid01\AppData\Local\Microsoft\Windows\INetCache\IE\KU4CBS5C\restroom-304984_960_720[1].png C:\Users\dlaid01\AppData\Local\Microsoft\Windows\INetCache\IE\KU4CBS5C\restroom-304984_960_720[1].png  People with complex rehabilitation needs who have been through components 1-3 and/or 4 but whose condition may have deteriorated or were not ready to engage with component 4 previously  People with complex rehabilitation needs who have not recently had an assessment or treatment from healthcare staff  People without complex rehabilitation needs but who require regular support to engage in activities to prevent or improve long term medical conditions |
| **HEALTHCARE SERVICES** | **COMPONENT 6**  **COMPONENT 2**  **COMPONENT 1 –** | **TIER 1** |
| **SKILLED THIRD SECTOR ORGANISATION / LEISURE PROVIDER** | **COMPONENT 4**  **COMPONENT 3** | **TIER 1** |
| **COMPONENT 5**  **COMPONENT 5** | **TIER 2** |
| **SUPPORTED SELF MANAGEMENT / SIGNPOSTING** | **COMPONENT 7**  **COMPONENT 7**  **COMPONENT 7** | **TIER 3 & 4** |

**GLOSSARY**

**TIER 1: A pathway of physical activity rehabilitation is for a person with one or more long-term conditions which may be complex, very debilitating or variable in nature, who requires a fully supported, individualised physical activity intervention with explicit health behaviour change elements. Provided by / with expert clinical staff.**

**Tier 2: Physical activity referral is for a person who is inactive with, or at risk of, a long-term health condition, who requires support to participate in physical activity with an explicit health behaviour change element. Provided by qualified staff with appropriate knowledge and skills set out in Scotland’s physical activity referral standards**

**Tier 3: Community physical activity pathway A community physical activity pathway is for a person who is inactive with a long term condition or at risk of, who requires little to no support to participate in physical activity. Provided by appropriately skilled staff / volunteers who are able to deliver a physical activity programme to help in the management, treatment and prevention of ill health.**

**Tier 4: Signposted physical activity opportunity Signposted physical activity opportunity is for a person who is inactive but otherwise healthy, who requires some encouragement to be active/more active. Staff / volunteers will have a variety of knowledge and skills and should have an awareness of health behaviour change and ability to deliver very brief advice to encourage and enable someone to become / remain active.**

**COMPONENT 1: A clinical assessment carried out by a qualified health professional**

**COMPONENT 2: Specialist rehabilitation requiring the support or direct input of a qualified health professional**

**COMPONENT 3: Handover process between qualified health services and third sector/ leisure services, this may take the form of an agreed referral form with a minimum agreed set of information or joint working with the both sets of staff and the patient depending on patient complexity. Component 3 also incorporates the CPD/Training support required to adapt the knowledge and skills of the 3rd sector/leisure service staff to a cohort of unwell/unhealthy NHS clients. 3rd sector staff should be able to request joint working if the complexity of the patient appears to be outside of their current level of experience as part of a collaborative CPD process.**

**COMPONENT 4: As per Tier 1 descriptor, may be delivered as 1:1 individualised physical activity programme or small group activity supervised closely by suitably qualified exercise professional (See training requirement guide). Component 4 may include statutory rehabilitation services which if not delivered by 3rd sector/leisure services would be required to be delivered as a component 2 service.**

**COMPONENT 5: As per Tier 2 descriptor, may be delivered via a generic or condition specific group sessions delivered by suitably qualified individuals (See training requirement guide).**

**COMPONENT 6: A planned review by qualified healthcare staff or the option to refer back to qualified healthcare staff should component 4 or 5 not deliver the expected improvement or if deterioration in condition is noted. Component 6 is unlikely to be required for those progressing to Tier 3 & 4**

**COMPONENT 7: As per Tier 3&4 descriptor utilising available community assets and supported by suitably trained 3rd sector/volunteer staff (See training requirement guide).**

**EXCLUSION CRITERIA FOR COMPONENTS 4, 5 AND 7**

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| * Resting heart rate > 100 bpm * Systolic blood pressure > 180mmHg or diastolic blood pressure>100mmHg * Recent electrocardiogram changes suggesting recent myocardial infarction * Febrile illness * Significant drop in blood pressure during physical activity * Pain, dizziness or excessive breathlessness on exertion * Uncontrolled arrhythmia, hypertension and/or diabetes * Acute infections | * Acute aortic dissection * Acute myocarditis or pericarditis * Acute pulmonary embolus or pulmonary infarction * Suspected or known dissecting aneurysm * Unstable angina * Uncontrolled visual or vestibular disturbances * Recent injurious fall without healthcare assessment |

**TRAINING REQUIREMENTS GUIDE**

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| **SKILL LEVEL** | **KNOWLEDGE REQUIRED** | **SKILLS REQUIRED** | **SOURCES OF LEARNING** |
| **INFORMED**  **TIER 4** | • UK CMO Physical activity guidelines  • Benefits of physical activity  • Risks of inactivity  • How to raise the issue of physical activity  • How to screen for inactivity  • Awareness of health behaviour change (HBC)  • Inequalities | Deliver very brief physical activity advice | [**Map (Health Behaviour change) NES e-learning**](https://www.nes.scot.nhs.uk/our-work/behaviour-change-for-health/)  [**Encouraging and enabling people to be active – online module**](https://learning.publichealthscotland.scot/course/view.php?id=581&section=1)  [**Physical activity and health – e-learning module**](https://www.e-lfh.org.uk/programmes/physical-activity-and-health/)  [**Moving medicine online resource**](https://movingmedicine.ac.uk/)  [**Inequalities e-learning**](http://www.healthscotland.scot/learning-resources/health-inequalities-awareness) |
| **SKILLED**  **TIER 3** | Person-centred physical activity advice  • Knowledge of how and where to signpost or refer  • Appropriate HBC techniques | Deliver brief advice and/or intervention | **Above plus**  [**Motivational interviewing e-learning**](https://portal.e-lfh.org.uk/Component/Details/391546)  [**Knowledge and access to Scottish Services directory**](https://hscscotland.scot/service-directory/) **(ALISS)** |
| **ENHANCED**  **TIER 2** | HBC enhanced skills and techniques | Extended brief intervention  Deliver group physical activities | **Above plus**  Qualifications and continuing professional development (CPD) endorsed by CIMSPA in line with the [**CIMPSA professional standards for working with inactive people and people with long term conditions**](https://www.cimspa.co.uk/standards-home/professional-standards-library?cid=18&d=321) CIMSPA members who are holders of qualifications and CPD in these areas can hold the Professional Status of Physical activity Referral Practitioner  [**Physical Literacy training**](https://www.physical-literacy.org.uk/about/?v=79cba1185463)  [**THRIVE toolkit**](https://thrivelearning.org.uk/)  CPD delivered by qualified healthcare professionals |
| **SPECIALIST**  **TIER 1** | Clinical physical activity delivery | High complexity physical activity and behaviour change activities | CIMSPA-endorsed CPD in the following areas:  • obesity/diabetes  • chronic respiratory disease  • long-term neurological conditions  • cardiac disease  • falls prevention  • stroke  • mental health  • back pain.  CIMSPA members who are holders of qualifications and CPD in these areas can hold Professional Status of Senior Activity and Health Practitioner and/or Chartered Activity and Health Practitioner  CPD delivered by qualified healthcare professionals |