NATIONAL EXERCISE REFERRAL SCHEME WEIGHT MANAGEMENT INCLUSION EXCLUSION / CRITERIA

INCLUSIONS

The scheme will be suitable for sedentary patients with a BMI of 30+ or BMI of 28 if accompanied by 2 chronic conditions. These patients fall into the level 2 section of the Obesity Pathway and from the level 3 section of pathway where a multi disciplinary team is in place see Flow chart.

- Overweight/pre obese BMI 25-29.9
- Obese I BMI 30-34.9
- Obese II BMI 35-39.9

EXCLUSIONS

- Unstable angina
- Unstable or acute heart failure
- New or uncontrolled arrhythmias
- Resting or uncontrolled tachycardia
- Uncontrolled Hypertension: >180/100mHg (in either)
- Symptomatic hypotension
- Febrile illness
- Acute uncontrolled psychiatric illness
- Other rapidly progressing terminal illness
- Uncontrolled diabetes >13mmol or <5.5mmol*
- Patient’s currently undergoing anti-biotic treatment for cellulitis.
- Extreme obesity, with weight exceeding equipment capacity >159kg (350 lb) unless other supervised physical activity options available; water based, walking etc.
- Acute infections active foot ulceration