

# Physical Activity – Changes to QOF

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Public Health

- Context
- QOF
- Tools/resources to meet QOF

# Guildford and Waverley

- Guildford – 23.2% inactive; 59.4% active
- Waverley – 19.5% inactive; 65.1% active
  - Groups that are more likely to be inactive:
    - Females
    - People with limiting illness or disability
    - BME communities
    - Older adults (65+)
    - People living in low-income households

# Health Benefits of physical activity

Disease	Risk reduction	Strength of evidence
Death	20-35%	Strong
CHD and Stroke	20-35%	Strong
Type 2 Diabetes	35-50%	Strong
Colon Cancer	30-50%	Strong
Breast Cancer	20%	Strong
Hip Fracture	36-68%	Moderate
Depression	20-30%	Strong
Alzheimers Disease	30-60%	Moderate

# Health impact of physical inactivity

<b>Guildford and Waverley</b>	<b>Number</b>	<b>Number of preventable if 100% of population becomes active</b>	<b>Number of preventable if 75% of population becomes active</b>
Deaths (39-79)	777	139	93
CHD (emergency admissions)	352	22	15
Breast Cancer (new cases)	173	35	24
Colorectal cancer (new cases)	100	20	13

## Each QALY costs:

- £17,000 for Statin supplement
- £9,515 for smoking cessation
- £440 for physical activity

## Those patients who are inactive have:

- 38% more days in hospital
- 5.5% more GP visits
- 12% more nurse visits

(Department of Health 2009 Let's Get Moving)

# QOF Changes

Indicator description	points	percentage
<p><b>HYP004.</b> The percentage of patients with hypertension aged 16 or over and who have not attained the age of 75 in whom there is an annual assessment of physical activity, using GPPAQ, in the preceding 12 months NICE 2011 menu ID: NM36</p>	5	40-80%
<p><b>HYP005.</b> The percentage of patients with hypertension aged 16 or over and who have not attained the age of 75 who score 'less than active' on GPPAQ in the preceding 12 months, who also have a record of a brief intervention in the preceding 12 months NICE 2011 menu ID: NM37</p>	6	40-80%

# GPPAQ


## READ codes

138b active

138a mod active

138Y mod inactive

138X inactive



**General Practice Physical Activity Questionnaire**

Date.....

Name.....

1. Please tell us the type and amount of physical activity involved in your work.

		Please mark one box only
a	I am not in employment (e.g. retired, retired for health reasons, unemployed, full-time carer etc.)	
b	I spend most of my time at work sitting (such as in an office)	
c	I spend most of my time at work standing or walking. However, my work does not require much intense physical effort (e.g. shop assistant, hairdresser, security guard, childminder, etc.)	
d	My work involves definite physical effort including handling of heavy objects and use of tools (e.g. plumber, electrician, carpenter, cleaner, hospital nurse, gardener, postal delivery workers etc.)	
e	My work involves vigorous physical activity including handling of very heavy objects (e.g. scaffolder, construction worker, refuse collector, etc.)	

2. During the last week, how many hours did you spend on each of the following activities?  
*Please answer whether you are in employment or not*

Please mark one box only on each row

		None	Some but less than 1 hour	1 hour but less than 3 hours	3 hours or more
a	Physical exercise such as swimming, jogging, aerobics, football, tennis, gym workout etc.				
b	Cycling, including cycling to work and during leisure time				
c	Walking, including walking to work, shopping, for pleasure etc.				
d	Housework/Childcare				
e	Gardening/DIY				

3. How would you describe your usual walking pace? Please mark one box only.

Slow pace (i.e. less than 3 mph)	[ ]	Steady average pace	[ ]
Brisk pace	[ ]	Fast pace (i.e. over 4mph)	[ ]



# Exercise and Weight Management Referral Scheme

- 12 week tailored exercise programme
- NQAF standard – protocol and referral criteria
- Qualified exercise specialist
- Safe and effective exercise for the prevention and management of medical conditions
- Behaviour change

# Surrey Evaluation (2013)

- Average weight loss – 0.8kg (5.9kg for those referred for weight management)
- ↓ waist circumference -1.8cm ( -6.2cm)
- ↓ BP – Systolic -9mmHg
- ↓ BP – Diastolic -7mmHg
- Increased activity levels

# Process

- Screen for inactivity GPPAQ
- + 1 medical condition
- Register to scheme (form in protocol)
- Complete referral form
- Hand referral form to patient



## Surrey Exercise and Weight Management Referral Scheme Protocol

Protocol:	Surrey Exercise and Weight Management Referral Scheme Protocol
Version:	5
Refined by:	Surrey Exercise Referral Group
Name of originator/author:	NHS Surrey
Name of responsible committee/individual:	Surrey Exercise and Weight Management Referral Group
Date issued:	November 2010
Previous review dates:	November 2010 March 2011 November 2011 December 2012
Last review date:	30 <sup>th</sup> August 2013
Next review date:	September 2014 (or before if necessary)

# Protocol

## Responsibilities of Referring Health Professionals

- The GP or health professional, when referring a patient onto the scheme, must ensure that all **relevant information** about the patient is given to the exercise specialist. This will be done using the **referral form** provided. After the patient has been referred, any significant change of condition should be reported to the exercise specialist.
- Registered Physiotherapists, Occupational Therapists, and Community Dieticians employed by NHS Surrey may refer patients to the Exercise or Weight Management on Referral Scheme if they agree to:
  - retain clinical responsibility for patients while they are on the scheme
  - complete ALL required information on the Exercise Referral form
  - be available to the exercise professional to answer queries relating to the patients they have referred to the scheme
  - inform the patients GP via letter that they have referred a patient for exercise on referral
- In addition healthcare professionals referring patients to the Exercise or Weight Management on Referral scheme must be registered with the relevant professional body and have appropriate qualifications and accreditation for the role they perform.

## Surrey Exercise and Weight Management Referral Scheme

### PATIENT INCLUSION CRITERIA

- Aged 16 years or above
- No contra – indications to exercise

#### Category A

- Patients who are under active but with no diagnosed medical problems.

#### Category B

- Anxiety/depression and mild to moderate mental health problems
- Arthritis (Osteoarthritis & Rheumatoid Arthritis)
- Cancer – (Following Treatment and remission)
- Cerebral Palsy
- Chronic Fatigue
- COPD
- Elderly
- Hypo/Hyperthyroidism
- Multiple Sclerosis
- Obesity - (BMI over 27 or 25 with other related conditions)
- Osteoporosis
- Parkinson Disease
- Joint Replacement (Following initial rehab)
- Back pain (Following medical treatment)

#### Category C

- Stable Angina
- Post Phase IV Cardiac Rehabilitation
- Diabetes
- Controlled Hypertension
- Stroke

## Surrey Exercise Referral and Weight Management Scheme

### PATIENT EXCLUSION CRITERIA / ABSOLUTE CONTRA-INDICATIONS TO EXERCISE

Patients must not be referred on to the scheme if they have any of the following;-

- X Under 16 years
- X Patients currently active
- X Unstable angina / heart conditions
- X Resting systolic blood pressure  $\geq 180$ mmHg or Resting diastolic blood pressure  $\geq 100$ mmHg
- X Significant drop in blood pressure during exercise
- X Uncontrolled tachycardia  $> 100$ bpm
- X Severe or poorly controlled asthma / COPD
- X Conditions that may be aggravated by exercise - muscle, bone and joint conditions
- X Uncontrolled conditions, including diabetes and epilepsy
- X Ventricular / Aortic aneurysm
- X Uncontrolled arrhythmia
- X Febrile illness
- X Unstable / severe mental health problems

# Surrey Exercise and Weight Management Referral Scheme



SURREY  
COUNTY COUNCIL



SURREY  
COUNTY COUNCIL

## PATIENT REFERRAL FORM (August 2013)

PATIENT DETAILS		REFERRING PRACTITIONER DETAILS	
Surname:		Name:	
Forename:		Position:	
Male/Female:		GP Address:	
Date of Birth:		Or Practice Stamp	
Address:		Postcode:	
Postcode:		Tel. No.:	
Contact Tel. No.:		Email Address:	
NHS No.:		Referral No.:	

**REASON FOR REFERRAL:** Please check against scheme inclusion/exclusion criteria.

**MEDICAL INFORMATION:** Please provide all relevant information about the patient's health status.

Weight (kg):	Systolic BP:	Diastolic BP:	BMI:
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**MEDICAL CONDITIONS:** Please give details of all relevant current and past health problems.

Diabetes (i.e. Previous history of Chronic Fatigue)	Diabetes Diagnosed: 20 <sup>th</sup> May 2000
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<b>MEDICATION:</b> Please provide a list of <u>any</u> medications being taken.	<b>PHYSICAL LIMITATIONS:</b> Please provide details <u>any</u> physical limitations
(i.e. Beta blocker)	e.g. Arthritis of the hip

**AUTHORISATION**

I can confirm that the details given are a true reflection of the patient's medical history & medication, I refer this patient to the physical activity scheme under the terms & conditions set out in the protocol.

Name of Referring Practitioner (PLEASE PRINT)	
Signature of Referring Practitioner	
Date of Referral	

**PATIENT CONSENT**

The Surrey Exercise and Weight Management Referral Scheme has been fully explained to me. I am willing to participate in an exercise programme and give my consent to participate in a pre-exercise assessment and activity plan. I give my consent for any relevant clinical information about me to be passed to relevant Exercise and Weight Management Referral staff and I understand that confidentiality is assured. I will inform my instructor of any changes in my medication or health status and I understand that I can discontinue the scheme at any time. I understand that there is a charge to participate in the scheme.

PLEASE PRINT YOUR NAME	
Signature of Patient	Date

**IMPORTANT:**  
This referral is valid for 3 months. If the patient fails to attend the initial consultation within 3 months of the date of referral and still wishes to participate in the referral scheme, the patient must see their Referring Practitioner in order to be re-referred.

Making Surrey a better place



SW Surrey Contacts	Telephone
Cranleigh Leisure Centre, Village Way, Cranleigh, Surrey, GU6 8AF	01483 274400
Edge Leisure Centre, Woolmer Hill Road, Woolmer Hill, Haslemere, Surrey, GU27 1QB	01428 644577
Farnham Sports Centre, Dogflud Way, Farnham, Surrey, GU9 7UD	01252 723208
Godalming Leisure Centre, Broadwater Park, Summers Road, Godalming, Surrey, GU7 3BH	01483 417282
Herons Leisure Centre, Kings Road, Haslemere, Surrey, GU27 2QA	01428 658484
Guildford Spectrum, Parkway, Guildford, Surrey, GU1 1UP	01483 44 33 56
Ash Manor Sports Centre, Manor Road, Ash, Surrey, GU12 6QH	01252 32 54 84
Surrey Sports Park, University of Surrey, Richard Meyjes Road, Guildford, Surrey, GU2 7AD	01483 689111
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# GH2000 – Research Trial

- <http://www.clininf.eu/projects/ght2000.html>
- Surrey Sports Park