# Summary of Patient Eligibility Criteria:

The patient eligibility criteria have been devised based on the British Heart Foundation (BHF) Exercise Referral Toolkit to follow best practice and ensure patient safety.

To meet the criteria patients must be:

* Adults aged 16+ years.
* Residing in and/or registered with a general practice in Hertfordshire.
* Meet at least one of the clinical Inclusion referral criteria listed below.

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| **Inclusion Criteria** |
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| High total cholesterol levels  |
| Unhealthy weight  |
| Hypertension |
| Diabetes  |
| Mild to moderate rheumatoid arthritis or osteoarthritis |
| Lower Back Pain |
| Asthma |
| Musculoskeletal rehabilitation |
| Mild to moderate mental health condition  |
| Chronic Obstructive Pulmonary Disorder (COPD) |
| Osteoporosis |
| Stroke/TIA - >1 year ago |

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| **Exclusion Criteria** |
| Febrile Illness |
| Latest Blood Pressure either: * Systolic: >180mmHg or
* Diastolic: >100mmHg
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| Resting heart rate > 100 BPM  |
| Uncontrolled Diabetes |
| Severe or poorly controlled asthma |
| Stroke/TIA - Recent (<3 months ago) |
| COPD - Severe  |
| Unstable or severe mental health state  |
| Established ischaemic heart disease |
| Peripheral vascular disease  |
| Unstable or acute heart failure  |
| Aortic valve stenosis  |
| Unstable angina |
| Uncontrolled atrial or ventricular arrhythmias |

Please Note: this is an abridged version of the full British Heart Foundation (BHF) based inclusion/exclusion criteria. For the full

document please refer to your exercise referral provider or visit [National Institute for Health and Care Excellence (NICE)](https://www.nice.org.uk/guidance/ph54)