Wales National Exercise Referral Scheme (NERS)

May 21st 2014

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National Exercise Referral Coordinator for Wales
Exercise is an alien concept to sedentary population let’s talk about Physical Activity.

Physical activity is any bodily movement that enhances or maintains physical fitness and overall health and wellness.
• The World Health Organisation ranks physical **inactivity** as the **fourth largest cause of global mortality**.

• The present cost of physical inactivity in the UK and the NHS, when indirect costs to the economy are added to health costs, has been estimated to be £8.2 billion.

• Physical inactivity **kills** more than **smoking, diabetes and obesity combined**.

• Exercise as prevention or as a treatment now features in 39 UK national guidelines.
Helping GP’s Promote Exercise: Motivate 2 Move

“The potential benefits of physical activity to health are huge. If a medication existed which had a similar effect, it would be regarded as a ‘wonder drug’ or ‘miracle cure’” Professor Sir Liam Donaldson, 2010.1

The vast majority of GP’s acknowledge that promoting physical activity is important in primary care2. However, many GP’s cite lack of time and resources as barriers to routinely give advice on physical activity3 and a recent review4 of primary care perceptions of physical activity cited lack of training and lack of knowledge as a primary barrier to counselling efforts.

The Motivate 2 Move website has been developed as a comprehensive educational package designed to tackle the barriers identified above. It aims to increase the health professional’s ability to incorporate exercise advice routinely within patient consultations.

Designed as brief bites of information but with links to more detailed material for those who need it, the site comprises five main sections:

- UK physical activity guidelines
- Health benefits - for 33 different medical conditions
- Motivation – using two different methods
- Starting to exercise
- Resource section of further information and practical tools.

With downloadable and printable resources for both professionals and patients, short instructional videos and case studies the website covers all aspects of exercise and health from general recommendations to disease specific information.

References
2. Douglas et al. Primary care staff’s views and experiences related to routinely advising patients about physical activity a questionnaire survey. BMC Public Health 2006;6138
3. Hubert ET, O Caughy M, Shuval; Primary care providers’ perceptions of physical activity counselling in a clinical setting: a systemic review. BJSM 2012;46:625-631
What is NERS?

NERS is an evidenced based health intervention incorporating physical activity and behavioural change to support referred clients to make healthy lifestyle changes to improve their health and wellbeing.

Originally targeted clients who were at risk of developing CHD and those with mild moderate anxiety (Level 3 Exercise Referral delivery).

In 2008 on recommendation of evaluation team a national coordinator was appointed by the Welsh Local Government Association.

In 2009 NERS developed delivery to include those with chronic conditions (Level 4 Specialist Instructor delivery)
Exercise Professionals that are registered at Level 3 of Register of Exercise Professionals (REPs) provide ‘generic’ NERS sessions for ‘low risk’ population groups that need some support to increase fitness and reduce general risks of developing chronic conditions.

Level 4 (REPs) Exercise Professionals provide more specialist NERS sessions for population groups deemed to be ‘higher risk’ and needing to undertake tailored exercise sessions as part of their rehabilitation following an intervention by the NHS or to manage a chronic condition and use exercise as a means of secondary prevention.
• Phase IV Cardiac Rehabilitation (2009)
• Continuing Community Pulmonary Rehabilitation (2010)
• Falls Prevention (2011)
• Back Care (2010)
• Stroke (2011)
• Mental Health (2012)
• Cancer (2012)
• Neurological Conditions (course available not commissioned yet)
Current Structure

Operates in 22 local authorities

1 National NERS coordinator

26 local NERS coordinators (1 whole time equivalent per area)

133 Level 3/4 qualified Exercise Professionals (Currently 96.6 whole time equivalents)
NERS Process Chart

No

GP/AHP to determine if client meets criteria

Yes

GP/AHP Provides information about the scheme

No further action

Patient wants scheme

GP/AHP completes referral form and informs patient they will be contacted within 4 weeks.

Patient does no want scheme

NERS referral form received and checked by Coordinator; a suitable Exercise Professional is identified and a letter sent inviting them to 1:1 consultation or open sessions as appropriate

NERS EP completes 1:1 consultation to include:
- Informed consent
- Health questionnaire
- Goal Setting
- SPAQ
- Height/Weight/BMI
- 6 Minute Walk etc.
- EQ-5D

Depending on assessment outcomes co morbidities /readiness to change

Exercise sessions led by NERS Level 3 qualified instructors x 16 weeks

4 week review goals & signpost to exit routes as appropriate remembering to complete 16 week re-assessments

16 week re-assessment of all previous tools, review goals

Exit to suitable activities

52 weeks review of all previous tools, review goals

GP sends referral form to local coordinator

Coordinator/EP sends referral update letter to GP at 16 week stage

Wales National Exercise Referral Scheme (NERS)
Cynllun Argyfeirio Ciefflon
I Wneud Ymater Corff Cymru
Integration of Health and the National Exercise Referral Scheme in the Prevention and Management of Chronic Conditions

1. Primary Care Consultations
   - Condition Specific Clinics etc.
2. Condition Specific Health Education/Support Programmes
   - Smoking Cessation
   - Expert Patient Diabetes
   - Breatheasy Community Dieticians etc.
3. Rehab Programmes with Specific Exercise Component
   - Cardiac Rehabilitation
   - Pulmonary Rehabilitation
   - Orthopaedic Lifestyle Pathways
   - Stroke/Falls/Cancer etc.

- Motivational Interviewing/Brief Interventions
  - Done GP/Practice Nurse or NERS professional/PARQ+ opportunity once validated

- Foodwise4Life Nutrition Education Programme
  - Delivered by NERS Coordinator/Exercise Professional

- Partner Projects
  - Lets Walk Cymru/Ramblers
  - Age Cymru
  - Welsh Rowing
  - Sustrans
  - Groundwork etc.

- Private Leisure Providers/Personal Trainers
  - MyWellnessKey personal purchase

- Mainstream Leisure as available at locally agreed cost.

Prepared by Jeannie Wyatt-Williams Version 4
NERS On-Line Referral

Test Site has been trialled and actual site now launched.

www.nersdb.info

The link will take you to the site which you can enter with a password you can access site in English or Welsh. Once on site you choose your local authority area. This opens up a menu of chronic conditions that area can deliver evidenced based physical activities to. You can check exclusion criteria and open up referral form which can be either completed on line and saved or printed for completion.
To use the system

Point your web browser at www.nersdb.info and then:
1) Select your county
2) Type in the password which your coordinator will inform you
3) Click next which will take you to the dispensing page.
NERS Referral Pages for Bridgend

Click on either Referral Form or Criteria below to view and print the appropriate pdf. This will appear in a separate window. Close the pdf window when you have finished.

<table>
<thead>
<tr>
<th>Exercise Programme</th>
<th>Referral Form</th>
<th>Criteria</th>
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<tbody>
<tr>
<td>National Exercise Referral Scheme - Generic Level 3</td>
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<tr>
<td>National Exercise Referral Scheme Phase IV Cardiac Referral Form</td>
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<td>National Exercise Referral Scheme Black Care Referral Form</td>
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Area Co-ordinator for Bridgend: Stuart Mitchell, Bridgend Recreation Centre, Angel Street, Bridgend, CF31 4AH, Tel: 01656 678862, Email: stuart.mitchell@halo.leisure.org.uk

Legends:

- change 4 life
- WLGA-CILC
- GIG NHS
- NESTC Y Cymru
- NESTC Y De Cymru
NERS & Foodwise4Life

Week 1 - Preparing to Change for Life
- State the reasons why weight loss is important to them as an individual
- Demonstrate an understanding of the myths and facts around weight management

Week 2 - Eatwell plate
- Demonstrate an understanding of the ‘Eat Well Plate’ and its role in weight management
- Suggest healthy eating tips in relation to each food group and individual food diaries

Week 3 - Portion Sizes & You
- Discuss portion sizes of commonly eaten foods in relation to Eatwell plate
- Discuss the concept of energy balance in relation to weight management

Week 4 - Up & about
- List 5 benefits of physical activity and 3 ways in which they could increase their levels of activity

Week 5 - Food Labels
- Identify which packaged foods are high or low in fat, sugar, salt and saturated fat
- Demonstrate an understanding of choosing healthier options

Week 6 - Focus on Your Food
- Discuss the importance of regular meals.
- Suggest strategies on how planning ahead can support weight management
- Demonstrate an understanding of the differences between hunger and craving and managing these.

Week 7 - Food & Drinks Swaps
- Suggest suitable swaps for high calorie food and drinks.
- Suggest ways to make healthier swaps when choosing a takeaway/eating out.

Week 8 - Changing for Life
- Discuss the importance of sources of support and rewards.
- Suggest possible strategies to manage weight long term.
Habitual physical activity is associated with a reduced risk for over 25 chronic conditions and premature mortality. **Level 2 Grade A**

Moderate intensity physical activity on most days of the week is of benefit for most patients with chronic disease and/or disability. **Level 1 Grade A**

The risks associated with being physically inactive are markedly higher than the transient risks seen after acute exercise (in asymptomatic and symptomatic populations across the lifespan): **Level 2 Grade A**

*For most persons living with a chronic condition, if physical activity participation is not facilitated their risk of an adverse event and/or premature mortality increases greatly.*
Elizabeth had a hip replacement 7 years ago but never had any Physiotherapy and it has caused me problems ever since, I had been walking with a walking stick for over 8 years. I got recommended by my G.P to go on the National Exercise Referral Scheme. I spent 16 weeks attending 2 to 3 times a week. By the end of this period my hip is like new, I do not use my stick anymore and it feels much stronger and stable. It has been a very positive experience for me and I am continuing to attend the gym as I have experienced a lot of other positive benefits as well.
Ken (75) – Suffers from COPD, he used to cough up phlegm a lot throughout the day, especially first thing in the morning or when walking, during the initial 1 hour consultation he coughed up phlegm over 10 times. During his first gym session he started on the treadmill where he lasted less than 2 minutes at 2 mph before having to leave the gym as the phlegm build up was so bad. He went on to attend 3 times a week for 16 weeks gradually building up the intensity and duration and by the 16th week he could walk easily for ½ hour at 4.5 mph with a 8% incline and he no longer experiences any coughing up of phlegm, throughout his day at all.
John Sheppard – A MRI Scan finally identified the problem. Three dehydrated discs in the lumber region causing constant back pain during everyday movement. The 16 week referral scheme started off quite arduous, but with regular class sessions in the gym and circuits to help strengthen core muscles, improve flexibility, coordination and balance; and the support and encouragement from the instructor helped me to persevere and life became easier.

I am very aware that I need to keep up my activity level to remain capable of doing and enjoying the normal things in life like golf, gardening and walking and prevent recurrence of back pain.
Joanna M Waite - “Words are totally inadequate to quantify the numerous benefits I have gained from the Exercise Referral Scheme. As a result of increased fitness I was able to participate in the Pembrokeshire Coast Path Walk, 186 miles of varied, beautiful, interesting and magnificent coastline. My aim now is to maintain the level of fitness gained with the help and support of the Exercise Professional and Instructors at the leisure Centre”. My bone scan results following programme have shown an increase in bone mineral density of 2.4% in the spine and by 3.0% in the hip since the previous scan.
What clients think

http://www.wlga.gov.uk/ners

http://www.wlga.gov.uk/english/dvd/
Thank you / Diolch

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