Unit 3 Understanding medical conditions for exercise referral Unit accreditation number: R/503/7492

**Worksheet - Understanding medical conditions for exercise referral**

**There are 198 marks available in this worksheet. You must score a minimum of 159 marks in total to achieve a pass. In addition to achieving the total pass mark, you must also score at least the minimum marks set for each question to achieve an overall pass.**

**Glossary of terms used in this unit**

**Pathophysiology** - The disease’s progression and the associated functional changes i.e. death of tissue.

**Clinical features** - Both signs and symptoms

**Symptoms** - How the disease manifests itself from the patients’ perspective

1. Please complete the table below.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Condition** | **Pathophysiology – disease**  **progression and changes**  4 marks per condition | **Two clinical signs and**  **symptoms of the condition**  2 marks per condition | **Two common causes**  2 marks per condition | **Result**  **8 marks per**  **condition** (minimum  6 marks required per  condition) |
|  |  |  |
| **Hypertension** |  |  |  |  |
|  |  |  |  |  |
| **Hyper-cholesterolaemia** |  |  |  |  |
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|  |  |  |
| **Coronary obstructive**  **pulmonary disease**  **(COPD)** |  |  |  |  |
| **Asthma** |  |  |  |  |
| **Obesity** |  |  |  |  |
| **Diabetes (type 1 and 2)** |  |  |  |  |
| **Osteoarthritis** |  |  |  |  |
| **Rheumatoid arthritis** |  |  |  |  |
| **Osteoporosis** |  |  |  |  |
| **Depression** |  |  |  |  |
| **Anxiety** |  |  |  |  |
| **Simple mechanical back pain** |  |  |  |  |
|  |  |  | **96 marks** (minimum 6 marks per condition) |  |

2. Please complete the table below.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Condition** | **One medication that may be prescribed AND its desired effect**  **2 marks per condition** | | **One side effect of the**  **medication OR effect on the**  **exercise response**  **1 mark per condition** | | **One other intervention (surgical,**  **therapeutic or lifestyle, nutrition) that**  **may be prescribed or recommended AND its purpose**  **2 marks per condition** | | **Result**  **5 marks per**  **condition (minimum**  **4 marks required per**  **condition)** |
| **Hypertension** |  | |  | |  | |  |
| **Hyper-cholesterolaemia** |  | |  | |  | |  |
| **Chronic obstructive pulmonary disease (COPD)** |  | |  | |  | |  |
|
|
|
| **Asthma** |  | |  | |  | |  |
| **Obesity** |  | |  | |  | |  |
| **Diabetes type 1 and 2** |  | |  | |  | |  |
| **Osteoarthritis** |  | |  | |  | |  |
| **Rheumatoid arthritis** |  | |  | |  | |  |
| **Osteoporosis** |  | |  | |  | |  |
| **Depression and/or anxiety** |  | |  | |  | |  |
| **Simple mechanical back pain** |  | |  | |  | |  |
|  | |  |  | | **55 marks** (minimum 4 marks per condition) | |  | | |

1. Please complete the table below.

|  |  |  |  |
| --- | --- | --- | --- |
| **Condition** | **Two exercise aims, guidelines or benefits**  2 marks per condition | **Two exercise restrictions, considerations or risks**  2 marks per condition | **Result**  **4 marks per**  **condition** (minimum  3 marks required per  condition) |
|  |  |  |  |
| **Hypertension** |  |  |  |
|  |
| **Hyper-cholesterolaemia** |  |  |  |
| **Chronic obstructive**  **pulmonary disease**  **(COPD)** |  |  |  |
| **Asthma** |  |  |  |
| **Obesity** |  |  |  |
| **Diabetes type 1 and 2** |  |  |  |
| **Osteoarthritis** |  |  |  |
| **Rheumatoid arthritis** |  |  |  |
| **Osteoporosis** |  |  |  |
| **Depression and anxiety** |  |  |  |
| **Simple mechanical back pain** |  |  |  |
|  |  | **44 marks** (minimum 3 marks per condition) |  |

1. Name one credible source for gathering further information about prescribed medications.

**1 mark** (minimum 1 mark)

1. State two considerations for exercise when working with co-morbidities.

**2 marks** (minimum 1 mark)

**Result total / 198 marks**

**(156 marks in total, with the minimum set marks achieved for each question required to pass)**

**Pass / Refer**

**Assessor’s feedback**