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** (minimum6 marks required percondition) |
|  |  |  |
| **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** (minimum3 marks required percondition) |
|  |  |  |  |
| **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**