

# Screening and Referral



**Unit:** Programming Pilates  
Matwork

- How many questions on the basic PAR-Q

# PAR-Q



	Yes	No
1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	Yes	No
2. Do you feel pain in your chest when you do physical activity?	Yes	No
3. In the past month, have you had chest pain when you were not doing physical activity?	Yes	No
4. Do you lose your balance because of dizziness or do you ever lose consciousness?	Yes	No
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?	Yes	No
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?	Yes	No
7. Do you know of any other reason why you should not do physical activity?	Yes	No

## ***If you answered YES to one or more questions:***

- Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal.
- Tell your doctor about the PAR-Q and which questions you answered YES.
- You may be able to do any activity you want - as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you.
- Talk with your doctor about the kinds of activities in which you wish to participate and follow his/her advice.
- Find out which community programmes are safe and helpful for you.

## ***If you answered NO to all questions:***

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- Start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.
- It is also highly recommended that you have your blood pressure checked.
- If your reading is over **?????** , talk with your doctor before you start becoming much more physically active.

# Know your numbers

	<b>Top number Systolic</b>	<b>Bottom number Diastolic</b>
<b>Low BP</b>	<b>Less than 90</b>	<b>Less than 60</b>
<b>Normal BP</b>	<b>90 - 120</b>	<b>60 - 80</b>
<b>High-Normal BP</b>	<b>120 - 140</b>	<b>80 - 90</b>
<b>High BP</b>	<b>140 and above</b>	<b>90 and above</b>

- What are some reasons to DEFER participation?

# *Deferring participation*



- A temporary illness such as a cold or a fever - wait until you feel better.
- **ANY FEBRILE ILLNESS IS A RED FLAG**
- Sickness and diarrhoea
- Given blood in last 24-48 hours
- If you are or may be pregnant - talk to your doctor before you start becoming more active.
- PLEASE NOTE: If your health changes so that you then answer YES to any of the questions, tell your instructor
- **ANY UNDIAGNOSED ILLNESS (TESTS IN PROGRESS) COULD ALSO BE A RED FLAG**



# Interpreting PAR-Q

Review the PAR-Q information on the following slides and discuss the action you would take



# PAR-Q 2



	Yes	No
1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	Yes	
2. Do you feel pain in your chest when you do physical activity?	Yes	
3. In the past month, have you had chest pain when you were not doing physical activity?	Yes	
4. Do you lose your balance because of dizziness or do you ever lose consciousness?		No
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?		No
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?	Yes	
7. Do you know of any other reason why you should not do physical activity?		No

# PAR-Q 2

Many 'yes' responses = refer to GP.

Heart condition requires specialist instruction e.g. Level 4 Cardiac Rehab instructor

# PAR-Q 3



	Yes	No
1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?		No
2. Do you feel pain in your chest when you do physical activity?		No
3. In the past month, have you had chest pain when you were not doing physical activity?		No
4. Do you lose your balance because of dizziness or do you ever lose consciousness?		No
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?	Yes	
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?		No
7. Do you know of any other reason why you should not do physical activity?		No

# PAR-Q 3

Need more information,

GP clearance may be needed

And possible exercise referral or  
specialist instructor e.g.

Osteoporosis and strictly speaking  
also OA or RA

# PAR-Q 4



	Yes	No
1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?		No
2. Do you feel pain in your chest when you do physical activity?		No
3. In the past month, have you had chest pain when you were not doing physical activity?		No
4. Do you lose your balance because of dizziness or do you ever lose consciousness?		No
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?		No
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?	Yes	
7. Do you know of any other reason why you should not do physical activity?		No

# PAR-Q 4

- ‘Yes’ to medication for blood pressure and/or heart condition = GP referral
- Outcome = possible exercise referral instructor or specialist instructor required

## Level 3 exercise referral

### Low to moderate risk clients:

- Inactive with other cardiovascular disease risk factors, e.g. Smoking, hypertension, high cholesterol, diabetes, overweight, family history of heart disease, stress
- Osteoporosis, osteoarthritis, low back pain, rheumatoid arthritis
- Asthma, chronic obstructive pulmonary disease (COPD)
- Diabetes – type 1 and 2
- Obesity
- Anxiety and depression



# Level 4 specialist qualifications

- Low back pain
- Cardiac rehabilitation
- Cancer
- Stroke
- Obesity and diabetes
- Neurological conditions
- Postural Stability (strength and balance)

# Referring to other professionals

When would you refer to other professionals?

And

Which professionals?



# Referring to other professionals



Refer if:

- Any medical conditions
- Mental health issues
- Older adults
- Ante and post natal
- Young people (14-17)
- Disabled

Refer to:

- GP
- Dietician
- Counsellor
- Exercise referral instructor
- Specialist instructor (level 4) or clinically supervised exercise