

# DocSpot Exercise Referral Scheme

## Information and guidance for referring health professionals

DocSpot is a great opportunity for patients to improve their health and wellbeing through a 12-week programme of physical activity. Exercise referral is for a person who is inactive with, or at risk of, a long-term condition, who requires support to participate in physical activity.

The DocSpot exercise referral scheme is person-centred and offers a choice of venues and activities, as participants are more likely to commit to an individually tailored programme. Participants receive specialist advice and support alongside a personalised 12-week physical activity plan, helping them develop their knowledge and understanding, motivation, confidence, physical competencies and skills to support regular physical activity and achieve long-term behaviour change.

**DocSpot is available to sedentary or inactive individuals aged 16 and over, who live in Solihull or have a Solihull GP, and have an existing health condition or other risk factors for disease.**

This includes those who:

- Have a medical condition that needs specialist advice and monitoring (for example, people with type 2 diabetes or cardiovascular disease) **and/or**
- Have been assessed as being at high risk of causing harm to their health and wellbeing (for example, people with hypertension, high cholesterol, high BMI).

The referral route and participant pathway is set out on page 2.

The full DocSpot scheme eligibility criteria are set out on page 3.

**Please note, Solihull Active DO NOT triage the referrals or contact referred patients. Following referral, patients join the scheme by contacting the venue of their choice and booking a DocSpot induction.**

The DocSpot scheme is available at local leisure providers and is led by fully qualified exercise referral instructors. All protocols used within this scheme represent the current best-known practice and meet with national guidance from the Department of Health and NICE.

### DocSpot venues, contact details and prices:

- Tudor Grange Leisure Centre: 0121 705 6371. £4.00 per session or monthly tariff \*
- North Solihull Sports Centre: 0121 770 3822. £3.40 per session or monthly tariff \*
- The Hampton Health Club: 01675 443 464. £4.00 per session or monthly tariff \*

Please note, DocSpot concessionary prices\* are subject to change and reviewed annually.

**To request further DocSpot resources, including referral forms and patient leaflets, please contact the Solihull Active Team on 0121 704 8207 or [solihullactive@solihull.gov.uk](mailto:solihullactive@solihull.gov.uk)**

Inactive but otherwise healthy individuals should be signposted to the universal physical activity offer. Find these local physical activity opportunities at:  
<https://solihullonthemove.co.uk/>



## The DocSpot Journey

Person contacts referrer requesting DocSpot referral OR  
Referrer identifies person who will benefit from referral during a consultation

Referrer checks the person meets DocSpot eligibility criteria and consents to referral.

Referrer completes the Solihull Active referral form  
(digital and hard-copy versions available)

Referral form is available on primary care systems titled 'Solihull Active – Physical activity referral form v2 BSol ICB'

Referrer gives the person a copy of their referral form and instructions to contact the venue of their choice

DocSpot information leaflet is available to give to referred patients with referral form

### DocSpot Induction: Person books and attends induction at preferred venue.

Includes initial assessment, advice, and a co-designed personalised 12-week physical activity plan, based on needs and preferences.

### 4 Week and 8 Week Reviews

Follow-up discussions with an instructor, to include feedback on progress, update of physical activity programme & goals, additional advice & support.

### Final 12 Week Review

A full assessment & review, including achievements and challenges, support and recommendations for maintaining physical activity.

Person is signposted to other opportunities to continue being physically active and achieve long-term behaviour change.

Referrer receives a feedback letter regarding a person's completion or non-completion of the scheme.

DocSpot scheme participants will also be contacted 6 and 12 months after starting their 12-week programme as part of the monitoring and evaluation procedures.

## Eligibility Criteria

### To be eligible, scheme participants must be:

- ✓ Over 16 years of age.
- ✓ Living in Solihull or have a Solihull GP.
- ✓ Inactive or sedentary (not achieving CMO guidelines: 150 minutes physical activity a week).
- ✓ Diagnosed with one or more health conditions, or at risk of a long-term condition. Existing health conditions must be stable and controlled.
- ✓ Compliant with any medication they are taking.
- ✓ Ready and willing to change their behaviour.

### Specific Inclusion Criteria:

- ✓ Overweight/Obesity: Weight reduction to achieve healthy BMI.
- ✓ Cardiovascular: Including stable CHD, angina, cardiac events >6 months ago, hypercholesterolemia, high CHD risk scores (e.g. risk of >15% in ten years).
- ✓ Hypertension: Resting blood pressure no higher than 180/100mmHg.
- ✓ MSK: Including mild-moderate osteoarthritis, rheumatoid arthritis, osteoporosis, osteopenia, sarcopenia, regional pain, fibromyalgia, joint replacement and other mild-moderate MSK conditions.
- ✓ Diabetes: Type 1, type 2 or at high risk of developing diabetes.
- ✓ Mental Health: Mild-moderate anxiety, stress or depression.
- ✓ Cancer diagnosis: Patients who are pre-treatment, undergoing treatment & post-treatment.
- ✓ Neurological: Including stroke/TIA >3 months ago, Parkinson's and Multiple Sclerosis.
- ✓ Respiratory: Mild-moderate asthma, COPD, and other types of lung disease.
- ✓ Severe respiratory conditions: Patient must have successfully completed NHS pulmonary rehabilitation programme.
- ✓ Recent cardiac event (last 6 months): Patient must have successfully completed NHS Cardiac Rehabilitation programme.
- ✓ Any other stable and controlled, mild-moderate health condition, where physical activity will benefit (Suitability at discretion of referrer. Acceptance of DocSpot referral at discretion of ER instructor).

### Exclusion Criteria/Absolute Contraindications:

- ✗ Any unstable/uncontrolled health condition.
- ✗ Resting systolic blood pressure  $\geq$  180mmHg and/or diastolic blood pressure  $\geq$  100mmHg.
- ✗ Uncontrolled/unstable angina.
- ✗ New or uncontrolled arrhythmias.
- ✗ Uncontrolled resting tachycardia  $\geq$  100bpm.
- ✗ Unstable diabetes.
- ✗ Unstable/acute heart failure.
- ✗ A recent (within last 6 months) significant change in a resting ECG, recent myocardial infarction or other acute cardiac event.
- ✗ Acute/uncontrolled psychiatric illness.
- ✗ Symptomatic hypotension/patient experiences significant drop in BP with exercise.
- ✗ Experiences pain, dizziness or excessive breathlessness during exertion.
- ✗ Febrile illness.
- ✗ Active foot problem, e.g. ulceration.
- ✗ Established cerebrovascular disease.



## Roles and Responsibilities

The specific nature of the exercise referral process as opposed to the general recommendation of exercise requires mutual understanding and recognition of the specific roles, responsibilities, and relationships between partners in this exercise referral process.

### The role of referrers:

- To make appropriate referrals into the scheme, in line with the inclusion and exclusion criteria.
- To ensure there is meaningful transfer of relevant information to the person who will be conducting the exercise intervention (i.e. the exercise referral instructors), to enable them to tailor a safe and effective exercise programme that will meet the needs of the patient.
- To ensure all relevant clinical information about a participant is detailed on their referral form.
- To liaise with local exercise referral instructors over any referral queries.
- If the referrer is a registered healthcare professional (HP), they are clinically responsible for the patients they refer.
- Non-clinicians (e.g. social prescribers) may wish to inform and/or ratify referrals with the patient's GP prior to referring.

**Referrals can be made by registered HPs working in primary or secondary care, including GPs, consultants, nurses, physiotherapists, occupational therapists, exercise physiologists.**

**Non-clinical professionals that can refer, are social prescribing link workers and healthcare assistants.**

**All referrers must have appropriate qualifications and accreditation for the role they perform, and access to patient medical records to ensure appropriate referrals/information transfer.**

Physical activity conversations can be integrated into existing clinical pathways and/or routine general consultations. '**Moving Medicine**' provides clinicians and allied health professionals with accessible, evidence based, condition specific information to help give advice on physical activity at all stages of a patient's treatment pathway. Find out more at: <https://movingmedicine.ac.uk/>

### The role of exercise referral instructors:

- To carry out the initial consultation using motivational interviewing/behaviour change techniques. The DocSpot induction includes re-assessing eligibility and acceptance of DocSpot referrals is at the discretion of the ER instructor, based on the clinical information available in the referral form.
- To design a safe and effective, person-centred physical activity programme, and provide support, guidance and reviews throughout the 12-week period, inclusive of exercise programme updates.
- To promote and signpost to other relevant health and wellbeing lifestyle services as appropriate, and to other physical activity opportunities (e.g. as exit pathways after completion).
- To provide monitoring and evaluation data via the scheme's online management platform (Views).
- All are minimum level 3 exercise referral qualified instructors; some have level 4 specialisms.

### The role of the patient:

Responsibility for participating in the physical activity programme and following the programme design and guidance rests with the participant. They must give their **informed consent** within the limit of their competence to do so, whatever that limit may be, and to the best of their knowledge. Informed consent must be obtained from a carer or another appropriate person if the participant's competence to give informed consent is limited.

### The role of the Solihull Active team, SMBC:

DocSpot is Solihull Council's exercise referral scheme, which is delivered by local partners. Solihull Active project manage the scheme including design, scope, standard operating procedures, quality assurance, development, improvement, strategic relationships, marketing, evaluation and reporting.

