

Understanding medical conditions for exercise referral (R/503/7492)

Medical conditions table

Learner's name: _____

| | | | |
|---|-----------|--|-------|
| Condition | | | |
| Pathophysiology including signs and symptoms (e.g. factors/measurements that lead to diagnoses) | | | |
| How pathophysiology and signs and symptoms change as condition progresses | | | |
| Common modifiable / non modifiable causes (risk factors) | | | |
| Common drug treatments, their effects and side effects | | | |
| Possible surgical or therapeutic interventions | | | |
| All details sufficient YES / NO / Additional questions used | Assessor: | | Date: |

Activity guidelines table

Understanding medical conditions for exercise referral (R/503/7492)

Learner's name: _____

| | | | |
|---|-----------|--|-------|
| Condition | | | |
| Lifestyle modifications that aid in condition management, and their associated benefits | | | |
| Benefits of exercise | | | |
| Risks associated with exercise | | | |
| Exercise guidelines and considerations | | | |
| All details sufficient YES / NO / Additional questions used | Assessor: | | Date: |

Note: the following question need only be answered once

State 3 considerations for exercise when dealing with co-morbidities, giving an example of each