Level 3 Diploma in Exercise Referral

REVISION NOTES – Medical Conditions/Activity Guidelines

OBESITY

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| **Pathophysiology and signs/symptoms** | **Increased body (fat) mass –** **BMI > 30****Waist measurement >35 inches for women or >40 inches for men** |
| **Progression of pathophysiology and signs/symptoms** | **Diabetes type 2****Osteoarthritis in back/ knees/ hips****High cholesterol and the associated pathophysiology****Mental health conditions (depression)**Cancer riskRespiratory issuesSleep apnoeaHypertensionCHDStrokeSkin complicationsDementiaLow back painStress incontinenceVaricose veinsHernia |
| **Modifiable and non-modifiable risk factors** | Modifiable – **energy imbalance**, high fat and refined sugar, inactivity/sedentary lifestyle, availability of fast food, reliance on technology, alcohol misuseNon-modifiable – **medical conditions** (e.g. hypothyroidism), medications (e.g. steroids), genetics, family history |
| **Drug treatments – effects and side effects**  | Orlistat (lipase inhibitor) – **Reduces fat absorption****Faecal incontinence and urgency**, GI upset, flatulence |
| **Surgical/therapeutic interventions** | **Gastric surgery – band, balloon, bypass****Management of causative medical condition****See modifiable risk factors** |
| **Lifestyle modifications** | **Increase physical activity****Follow health eating guidelines**CounsellingBehaviour change |
| **Benefits of exercise** | **Weight loss****Improved metabolism**Reduce risk of CHDStrengthen joints to support weightImproved mental and emotional state |
| **Exercise risks** | **Joint damage****Effects of medications**Overexertion (effects of)Co-morbiditiesHypertensive response to exerciseStress on jointsImpaired balance |
| **Exercise guidelines** | **Bulk and size issues – ROM impaired****Low impact****Low weight bearing**Low to moderate intensityIncrease frequency then duration then intensitySlow transitionsLonger warm up and cool down |