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 risk  Respiratory issues  Sleep apnoea  Hypertension  CHD  Stroke  Skin complications  Dementia  Low back pain  Stress incontinence  Varicose veins  Hernia |
| **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 misuse  Non-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**  Counselling  Behaviour change |
| **Benefits of exercise** | **Weight loss**  **Improved metabolism**  Reduce risk of CHD  Strengthen joints to support weight  Improved mental and emotional state |
| **Exercise risks** | **Joint damage**  **Effects of medications**  Overexertion (effects of)  Co-morbidities  Hypertensive response to exercise  Stress on joints  Impaired balance |
| **Exercise guidelines** | **Bulk and size issues – ROM impaired**  **Low impact**  **Low weight bearing**  Low to moderate intensity  Increase frequency then duration then intensity  Slow transitions  Longer warm up and cool down |