

# STEPS REFERRAL CRITERIA

Patient <i>can</i> be Referred	Patient <i>cannot</i> be Referred
<p><b>All referrals must be aged 16+ and fulfil at least one of the following criteria:</b></p> <ul style="list-style-type: none"> <li>▪ Considered inactive</li> <li>▪ Are not moderately active for a total of thirty minutes more than twice a week</li> </ul> <p><b>Exhibit at least one of the following risk factors for coronary heart disease:-</b></p> <ul style="list-style-type: none"> <li>▪ Obesity/Overweight (BMI 25+)</li> <li>▪ Hypertension (140/90 to 179/109mmHg) (ACSM, 1995)</li> <li>▪ High cholesterol levels (consistently above 5.2 total cholesterol)</li> <li>▪ Family history of heart disease</li> <li>▪ Smoking</li> <li>▪ Controlled diabetes</li> </ul> <p>✓ Post Cardiac Rehabilitation Phase 3</p> <p>✓ Controlled Asthma</p> <p>✓ Suffer from mild to moderate rheumatoid arthritis or osteoarthritis</p> <p>✓ Suffer from mild to moderate depression, stress or anxiety</p>	<ul style="list-style-type: none"> <li>✗ Previously completed the STEPS programme</li> <li>✗ Unstable Angina</li> <li>✗ High hypertension (over 179mmHg /109mmHg) or uncontrolled hypertension</li> <li>✗ Unstable diabetes</li> <li>✗ Unstable COPD</li> <li>✗ Unstable Heart Failure</li> <li>✗ Severe asthma</li> <li>✗ Chronic muscle, joint or bone conditions that greatly impede mobility or require physiotherapist treatment</li> <li>✗ Unstable severe mental health state</li> <li>✗ Patients who in the Healthcare Professionals opinion are not medically fit to undertake an exercise programme</li> </ul>

**STEPS REFERRAL FORM MUST BE COMPLETED**

STEPS...to a more active life  
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