



YMCA Awards

Level 3 Promoting wellness
through client motivation and
interaction

2018

Level 3 Promoting wellness through client motivation and interaction

Pre-exercise health screening

Learning outcomes

By the end of this session you will be able to:

- Demonstrate methods of pre-exercise health screening
- Identify why it is important to gain informed consent prior to consultation with a client
- Identify the principles of recognised client risk stratification tools
- Describe the factors that would indicate when a client is at low, medium or high risk of an adverse effect during or after exercise, including absolute contraindications

Learning outcomes

By the end of this session you will be able to:

- Identify when it would be appropriate to refer a client to exercise or other medical professionals
- Demonstrate professionalism and communication skills when offering advice or referring clients
- Identify the legislative requirements when working with, or referring, clients

Personal trainers have a legal duty to minimise the risks and maximise the benefits of exercise for their clients and to protect themselves from litigation

Prior to participation, clients must be:

- Screened - to identify potential risks of participation that may need to be referred to a medical professional for clearance
- Consulted to gather information that can be used to guide the planning of the programme

Pre-exercise health screening

- Informed consent
- Physical Activity questionnaire (PAR-Q)

Gathered via interview

Informed consent

The aim of informed consent is to prove that the individual intentionally engaged in the exercise programme after full disclosure and examination of the risks associated with exercise participation

Consider:

- Code of Ethical Conduct
- Health and safety considerations
- Referral to a GP or other medical professional where required
- Data protection requirements

Pre-exercise health screening

Collect the following information:

- Medical history
 - Health history (health questionnaire)
 - Current health status (PARQ or alternative)
 - Risk factors
 - Identification of medical conditions requiring medical clearance
 - Past and present injuries and disabilities
 - Postural analysis
 - Any musculoskeletal discomfort

Pre-exercise health screening

- Select and record client information correctly
- Obtain consent to exercise
- Identify contraindications to exercise
- Recognise and defer clients where applicable
- Consider methods for collecting objective information
- Consider methods for collecting subjective information
- Use additional questioning where required
- Check client's understanding of the information collected

PARQ

- A Physical Activity Readiness Questionnaire (PARQ) is one of a range of screening tools
- A PARQ identifies medical contraindications prior to exercise
- PAR-Q questions are carefully worded so a healthy individual will answer 'no' to all the questions
- If the individual answers 'yes' to any of the questions, medical clearance should be sought from their GP before exercise begins
- If they answer 'no' to all questions they can participate

PARQ

One consideration is that there may be some health complaints that have not been diagnosed or are outside the client's awareness, for example elevated blood pressure may be present but undiagnosed and this will not be flagged up through a questionnaire

It must be recognised and accepted that PARQ questionnaires, while valuable, still have limitations

Analyse client response to PARQ

Consider the following:

- Any 'yes' responses
- Client concerns regarding readiness
- Instructor concerns regarding readiness
- How to interpret client's body language
- High blood pressure reading

Analyse client response to PARQ

Consider the following:

- High heart rate reading (tachycardia >100 bpm)
- Low heart rate reading (bradycardia <60 bpm)
- Whether any additional questioning is required

The ACSM recognises that:

- Exercise is safe for most people and has many associated health and fitness benefits
- Exercise-related cardiovascular events are often preceded by warning signs/symptoms
- Cardiovascular risks associated with exercise lessen as individuals become more physically active/fit

Medical conditions

The following types of medical conditions will prevent PTs from working with clients (unless they have specialist training/ qualifications):

- CHD
- Pre and post-natal
- Diabetes
- Disability
- Cancer
- Stroke

Medical conditions

The following types of medical conditions will prevent PTs from working with clients (unless they have specialist training/ qualifications):

- Severe musculoskeletal issues/injuries
- Ageing (when resulting in age-related issues)
- Exercise referral (specific controlled medical conditions)
- Obesity
- Rehabilitation patients

Risk stratification

The aim of risk stratification is to:

- Identify individuals who may be at an increased risk of an exercise or exertion-related incident
 - Risks are usually classified as low, moderate or high
- Assist with exercise prescription and recommendations, where the level of risk is acceptable and minimised
- Identify the appropriate level of monitoring and supervision

There are many different models of risk stratification but generally positive risk factors include:

- Age (45 for men, 55 for women)
- Family history of CHD
- Smoking
- Hypertension
- High LDL cholesterol
- Diabetes
- Obesity
- Sedentary lifestyle

Less than 2 is low risk; moderate risk is more than 2; high risk is for known heart problems including hypertension

Contraindications

Contraindication - a situation in which the application of a particular treatment or intervention (e.g. activity) is not advisable because it may increase the risks to the client

Relative contraindication - indicates that an intervention or treatment could increase the risks, but the exercise programme may still go ahead if the benefits outweigh the risks

Absolute contraindication – the immediate risk is considered to be high

See ACSM guidance for current absolute contraindications

Referral

- Consider the limits of your own expertise and competence in prescribing a progressive exercise programme
- Adhere to the Data protection Act 1984
- Always seek permission of the client prior to sharing any information
- Refer to another professional when you need support outside your level of expertise or a specialised programme is required as a result of a positive PAR-Q response

Referral

Refer where required to:

- GP
- Physiotherapist
- Other health professionals/consultants
- Senior colleague (if appropriately qualified)

Always remember to demonstrate professionalism and communication skills when offering advice or referring clients

Positive communication

- Making a positive impression is essential when initiating conversation with a client for the first time
- Initiation of conversation could be formal or informal and could occur in a range of environments and situations
- When initiating any client contact, it is essential that both verbal and non-verbal communication is positive, professional and appropriate for the client

