



## Prescribe exercise and lifestyle modification for good health

### DESCRIPTION

This activity requires Registrars to be able to confidently prescribe exercise, provide dietary advice and counselling on lifestyle modification based on the individual health, social and cultural needs of the patient and community.

The Registrar can perform this activity independently and demonstrates the following competencies:

- Accurately interpret information within a referral letter.
- Assess:
  - Risk factors for a patient, which may predispose to sport and exercise related injury or illness.
  - Physical health including BP, waist circumference, BMI and other parameters, along with body composition testing, where appropriate.
  - Exercise history and current exercise participation (fitness level), including involvement in aerobic, resistance, agility and flexibility training, as well as frequency, duration, volume and type of exercise.
- Perform medical screening tests, and order and interpret investigations where indicated, to ensure safety of exercise for patients with chronic disease or those who are sedentary and/or obese, while avoiding the ordering of unnecessary or harmful tests.
- Appropriately interpret screening test results and discuss with patients.
- Assess patients' nutritional intake, recognise deficiencies and imbalances and suggest changes to meet recommended guidelines based on any underlying chronic conditions, working collaboratively with dietitians where appropriate.
- Educate patients on the importance of a healthy diet and graduated approach to increase frequency, duration and intensity of exercise, and encourage shared decision making to develop management plans.
- Apply knowledge of the stages of health behaviour change, principles of exercise adherence, and motivational interviewing techniques when devising programs and discussing them with patients.
- Prescribe short- and long-term exercise programs for patients to reduce risk factors of chronic disease, reduce injury risk and support the management of chronic medical and mental health problems, as well as any physical and intellectual impairments.
- Liaise with exercise physiologists and other allied health professionals regarding safe and effective long term exercise programs.
- Prescribe physical activity and provide nutritional advice to Aboriginal and Torres Strait Islanders, Māori and Pasifika people, recognising their unique history and culture, and how these impact on their current health and other disparities, the social determinants of health and the current chronic disease patterns in these population groups.



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- Promote safe continuity of care for patients by advising referring practitioners and allied health professionals of management plans.
- Modify fitness testing and exercise prescription in specific circumstances including pregnancy, advanced age, children, novice exercisers, physically or intellectually impaired, overweight and obese individuals.
- Assess and manage patients with chronic pain using the biopsychosocial model of care.
- Assess a patient who would like to reduce weight or increase muscle mass and manage with general dietary advice and exercise prescription, referring when appropriate.
- Advise patients on safety aspects of exercising in the heat, cold, altitude and in conditions of poor air quality.
- Contribute to strategies to improve the value of health care delivery to patients including those from ethnically diverse backgrounds.
- Work collaboratively with other agencies to improve the health of communities.
- Advocate to government and other health professionals for increased physical activity in the community especially for those with chronic disease and musculoskeletal issues, inactive individuals and marginalised communities.

## WORKPLACE-BASED ASSESSMENTS

### Mini CEX

Minimum of 1 of each of the following:

- An overweight or obese patient with multiple co-morbidities
- A patient in a healthy weight range who has risk factors for chronic disease

### CbD

Minimum of 1 each of the following:

- Type 1 or 2 diabetes
- Cardiovascular disease
- Exercise prescription for a sedentary patient

### TOTAL MINIMUM - 5

Must be from a range of patients (different ages, genders) and completed by at least 2 different assessors with a maximum of three of the assessments completed by any one assessor.

## EPA COMPLETION

**Registrar name:**

Has the Registrar requested completion of this EPA previously?



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If yes, please check prior EPA Completion form/s to review feedback provided and previous WBA completed.

Registrar must log relevant WBA forms and provide them when presenting for sign off.

Date	Assessment Type	Case Description	Assessor

☐ The Registrar's logbook indicates sufficient exposure to relevant cases to develop competence.

**Recommendation (select one)**

Evidence from workplace-based assessments indicates that <b>the Registrar is competent</b> to prescribe exercise and lifestyle modification for good health.	
The Registrar needs to continue learning and completing workplace-based assessment and re-present for assessment of completion of this EPA (provide comment below).	
<i>The Registrar should complete the following before re-presenting for EPA sign off:</i>	



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<b>Clinical Training Supervisor:</b>	<b>Signature:</b>
<b>Date:</b>	
<b>Zone Training Coordinator:</b>	<b>Signature:</b>
<b>Date:</b>	