




Patient Case study Template

District	Harborough District
Contact Details	Matthew Hopkin Contract Manager
Date	2021

Case study Title	GP Referral scheme
Scheme:	Harborough Leisure Centre
Location of Activity	Harborough Leisure Centre
Aims and Objectives of the project.	We provide support, advice and encouragement from our fully qualified GP Referral Exercise Specialist, they will design and guide you through your own personal fitness plan depending upon your medical conditions and abilities. Activities may include: Gym-based exercise, Group fitness classes, Swimming, Water based activities e.g. Aqua Fit *Participation in activities are dependent on your medical condition(s)
Partners Involved	Everyone Active has been working closely in partnership with Harborough District Council's Sport & Health Team and Local GP surgery's.

Background of case study <i>e.g. General information about the patient, condition, reason for referral, medical practice that referred. Also activity, duration, location etc details</i>	We provide support, advice and encouragement from our fully qualified Exercise Referral Specialist. Exercises will prescribed in exercise programme to assist with your current illness or disease We offer special exercise referral gym sessions weekly Help to improve your energy, general wellbeing and increase you physical activity levels Introduce you to new friends
Impact / Outcome Achieved Sustainability.	Patient 1 The scheme has improved my way of life. Most importantly as a diabetic my sugar level has reduced down to the required level of 4. As a result my diabetic Nurse advised that I no longer needed to stay on the Metformin" Patient 2 A recent patient with fibromyalgia told me she has had a better response to the exercise programme

	<p>set up for her via Everyone Active than 16 different painkillers & antidepressants we have tried! I have positive feedback from every patient who attends the sessions & have seen really significant & long term improvements in patient health resulting from the lifestyle changes they have made" Dr Sillitoe</p> <p>Patient 3 I didn't want to do the scheme but really it's the best thing I've ever done. I lost 3 & 1/2 stone.</p> <p>Patient 4 The gym staff are very friendly and motivational and have helped me achieve my goals. I mix my gym workouts with group fitness classes and swimming and very much enjoy it. I am now depression free – I am a new man!"</p>
--	--

<p>Supporting Material Please include a photo where possible</p> <p><i>(please ensure photo consent is obtained as these images may be utilise on websites, publicity material, presentations etc)</i></p>	
<p>Any other information or comments</p>	<p>N/A</p>

everyone
ACTIVE