

The Green Prescription (GRx) Process

Will They Benefit?

- Most people will benefit.
- People with heart disease, hypertension, diabetes, depression, obesity, arthritis, some respiratory conditions or at high risk of CVD, are most likely to benefit.
- Patients should be able to increase the amount of physical activity they do and be willing to change their lifestyle.

Is Condition Stable?

- Stabilise angina, uncontrolled heart failure, acute exacerbations of asthma etc, before prescribing physical activity.

Assessing Present Activity Level

- Patients are inactive if they do fewer than 30 minutes of moderate intensity physical activity per day on most, if not all, days of the week.
- This might include things such as brisk walking, kapa haka, cycling, heavy housework or gardening.

Moderate Intensity Physical Activity is:

- Activity which makes a person breathe a little harder than normal.

Will the patient benefit from physical activity?

YES

NO

Conventional Treatment

If they have a condition, is it stable?

YES

NO

Stabilise condition, then review

Assess present physical activity level

INACTIVE

ACTIVE

Congratulate and encourage

Having discussed the patient's activity level, is a GRx appropriate?

YES

NO

Let them know they can contact 0800 ACTIVE (0800 228 483)

Does the patient consent to script details being given to the GRx Team for follow-up and support?

YES

NO

Send script to GRx Team

Issue Green Prescription

GRx Support Person makes initial contact and offers support options

Phone support

Face-to-face or group support (if available)

What kind of Support?

Support provided to patient is to:

- Help set goals/action plans
- Motivate
- Provide activity options
- Provide information
- Encourage!

Patient's progress is reported back to the referrer

Is the patient now active?

i.e. doing 30 minutes of moderate physical activity per day on most if not all days of the week

NO

YES

Issue another GRx or discharge if no further benefit can be gained from GRx

Patient can graduate from GRx support and has the option of becoming a support/buddy for new GRx patients

PRIMARY HEALTH CARE ROLE

SUPPORT ROLE

Phone 0800 ACTIVE (22 84 83) for more information