



# Long-Term Conditions Programme

Supporting people to feel better and live better



# The Long-Term Conditions Programme (LTC)

The Long-Term Conditions Rehabilitation Programme is a free, expert-led 24-week programme designed to improve quality of life for people living with one or more long-term condition, who are struggling with one of the following symptoms:

**Chronic pain · Long-term fatigue · Breathlessness**

The programme is delivered in our Nuffield Health fitness and wellbeing centres, under the expert guidance of our Rehabilitation Specialists, with a focus on providing safe and effective exercise tailored to participant needs.

Participants receive personalised advice and guidance throughout the 24-week journey, giving them the confidence and tools necessary to safely incorporate exercise into their daily routine.

For 12 weeks, twice a week, participants will have an hour-long group session supported by a Rehabilitation Specialist. Each session will be split into exercise and health coaching, to give understanding of lifestyle changes that can be adopted to enhance their quality of life. From weeks 12-24, participants will enter their independent phase following guidance given by their Rehabilitation Specialist.



## INCLUDED CONDITIONS

- ✓ Cardiovascular diseases
- ✓ Respiratory conditions
- ✓ Metabolic disorders
- ✓ Musculoskeletal conditions
- ✓ Neurological disorders
- ✓ Other conditions

e.g. Long COVID where participants struggle with pain, fatigue or breathlessness

# RECOGNISE

people with long-term conditions struggling with chronic pain, long-term fatigue or breathlessness

Checked by NHS Healthcare professionals



## INCLUSION



- Can walk with or without walking aids 20 metres
- Is an independent wheelchair user
- Can exercise without the use of an oxygen tank
- Can communicate and read English
- Can attend sessions twice per week, for 12 consecutive weeks

## EXCLUSION



- Has had surgery in the last 12 weeks or not been discharged from any post-operative rehabilitation/care
- Has planned surgery in the next 24 weeks
- Is pregnant

Checked by Nuffield Health team by phone



- Inclusion criteria review
- Participant conditions and symptoms
- WHO 3Q's
- Participant medications

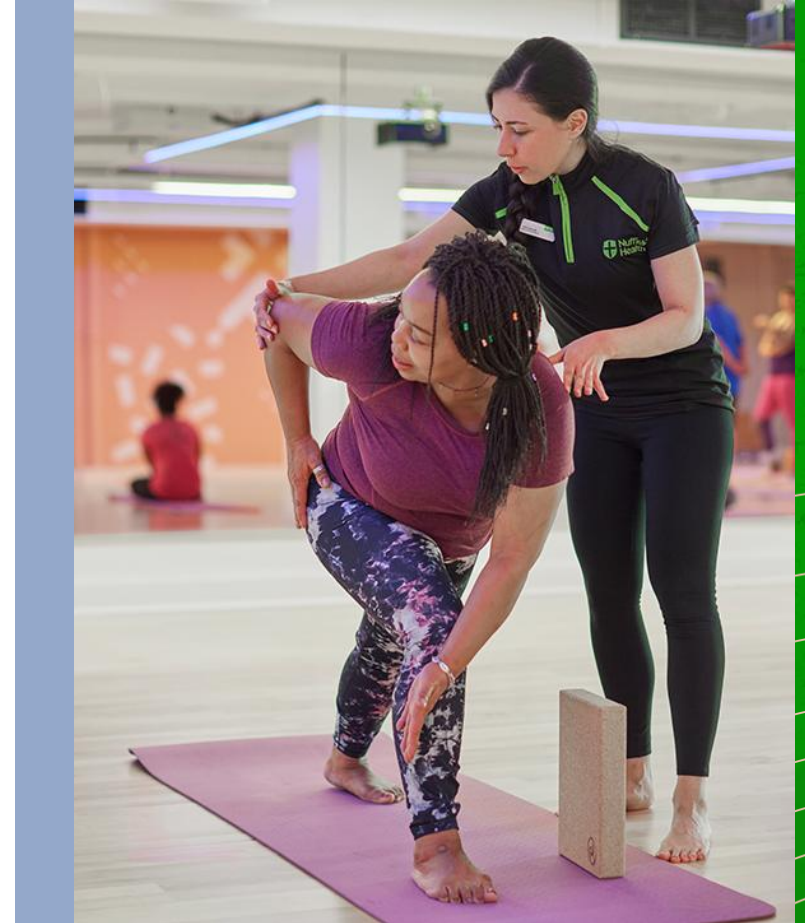
Checked by Nuffield Health team in person



- BMI
- Sit-to-stand
- Hand grip strength
- HbA1c
- Blood pressure
- Submaximal exercise test
- Multimorbidity check

# Our programme is not suitable for participants that have the following:

- ◆ Unstable angina
- ◆ Uncontrolled cardiac arrhythmias
- ◆ Severe aortic stenosis
- ◆ Uncontrolled symptomatic heart failure
- ◆ Acute myocarditis or pericarditis
- ◆ Acute or recent myocardial infarction (MI)
- ◆ Acute pulmonary embolism (PE) or deep vein thrombosis (DVT)
- ◆ Uncontrolled hypertension
- ◆ Severe symptomatic aortic dissection or aneurysm
- ◆ Infective endocarditis
- ◆ Acute systemic illness or fever
- ◆ Significant resting oxygen desaturation (e.g., SpO<sub>2</sub> <85%)



# The LTC Pathway

