ACSM Logic model

1. Known Condition (CV, pulmonary or metabolic)
CVD/PVD/Stoke/COPD/Asthma/Cystic fibrosis/Diabetes/Thyroid disorders

YES

HIGH RISK

Clinically supervised programme

NO

2. Signs and Symptoms
Angina pain or discomfort/shortness of breath at rest or mild exertion, dizziness, ankle oedema, palpitations or tachycardia, intermittent claudication, known heart murmur, unusual fatigue or shortness of breath with usual activities

YES

HIGH RISK

Clinically supervised programme

NO

3. CVD Risk factors
Age, family history, smoking, sedentary, obesity, hypertension, dyslipidaemia, pre-diabetes

More than 2 of the above

Moderate risk

Supervised programme -Level 3 Exercise Referral

2 or less of the above

Low Risk

Unsupervised programme