



Cancer Rehab Exercise Referral Form

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| Patient Full Name: | Telephone Number: |
| Patient Address: | Mobile Number: |
| Date of Birth | Email Address: |
| Age: | |
| GP Surgery Name: | |
| Telephone Number: | |

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| Cancer Site: | Treatments and dates: |
| Date and type of surgery: | <input type="checkbox"/> Radiotherapy |
| Lymph node procedure: | <input type="checkbox"/> Chemotherapy |
| | <input type="checkbox"/> Others |
| Musculoskeletal problems prior to surgery: | <input type="checkbox"/> Lymphodema Site: |
| | <input type="checkbox"/> Seroma Site: |
| Other medical problems/surgery: | |
| Current prescribed Medications | Current "over the counter" medications |
| | |

'Promoting Health and Wellbeing to our local communities'

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| Reason for Referral (e.g. reduced range of movement, tight scar, improve stamina etc) | | |
| Referred by | Job Title | <input type="checkbox"/> GP <input type="checkbox"/> Hospital Oncology/surgical specialist staff <input type="checkbox"/> Other |
| Signature: | Telephone Number: | Date of Referral: |

Patient Informed Consent:

I consent to participating in a structured exercise programme of low to moderate intensity, the nature and purpose of which has been explained by my GP/referring Health Professional. I consent to the release of relevant medical information about myself to a Qualified Exercise Referral Instructor. Information obtained will be treated as confidential, although it may be used anonymously for statistical or research purposes.

Signature:

Print Name:

Date:

Referrer Signature:

I recommend the above patient to participate in an exercise programme of moderate intensity. I confirm that I have assessed this patient and to my knowledge there is no medical reason why he/she should not participate in a recommended exercise programme. I confirm that I have discussed the scheme with the patient.

Signature:

Date:

For more information, please contact the Exercise Referral Scheme on 01594 812399.

Email: - community.engagement@fdean.qcsx.gov.uk **Website:** - www.fdean.gov.uk