OBESITY MANAGEMENT IN PRIMARY CARE CERTIFICATE PROGRAM: A Practice Management & Leadership Training Program for PAs and NPs

Module 4: Lifestyle Intervention ACSM Preparticipation Screening Guidelines



Participates in Regular Exercise No Yes Known CV, metabolic, Known CV, metabolic, No CV, metabolic, or Any signs or No CV, metabolic, or Any signs or renal disease or renal disease symptoms suggestive renal disease or renal disease symptoms suggestive of CV, metabolic, or of CV, metabolic, or AND AND AND AND renal disease renal disease Asymptomatic No signs or symptoms **Asymptomatic** No signs or symptoms (regardless of disease (regardless of disease suggestive of CV, suggestive of CV, status) status) metabolic, or renal metabolic, or renal disease disease Medical clearance for moderate intensity exercise not necessarv Discontinue exercise Medical clearance Medical clearance Medical clearance Medical clearance and seek medical Medical clearance recommended recommended clearance not necessary not necessary (within the last 12 months if no change in signs/symptoms) recommended before engaging in vigorous intensity exercise Light to moderate **Following medical Following medical** Continue moderate or May return to intensity exercise clearance, light to clearance, light to vigorous intensity exercise following **Continue with** recommended moderate intensity moderate intensity medical clearance exercise moderate intensity exercise exercise exercise May gradually May gradually **Gradually progress as** recommended recommended progress following tolerated following progress to vigorous **Following medical** May gradually May gradually **ACSM Guidelines ACSM Guidelines** intensity exercise clearance, may following ACSM progress as tolerated progress as tolerated gradually progress as Guidelines following ACSM following ACSM tolerated following Guidelines **Guidelines ACSM Guidelines**

American College of Sports Medicine. 2015.

https://www.exerciseismedicine.org/assets/page_documents/ACSM%20Preparticipation%20Screening%20Guidelines.pdf Accessed January 26, 2021.