

Reboot Your Life: Learn to Live Well with Arthritis Program

Medical Clearance Form

Reboot Your Life is a 10-week online self-management program of education, mindfulness, and exercise for people over 50 living in regional South Australia with arthritis and related MSK conditions.

Further program details are on the reverse side.

Dear Doctor,

In signing this form, you believe that (Participant's name) _____
can safely participate in a telehealth-based exercise program.

Please complete this patient's Medical Status below and declare that the information you have given is accurate to the best of your knowledge as of the date below.

Does this patient have any of the following: (please tick appropriate & state nature of condition)?

- | | |
|---|---|
| <input type="checkbox"/> Arthritis (Please list type) | <input type="checkbox"/> Cardiac problems |
| <input type="checkbox"/> Abnormal blood pressure | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Respiratory conditions | <input type="checkbox"/> Epilepsy |
| <input type="checkbox"/> History of falls | <input type="checkbox"/> Kidney disease |
| <input type="checkbox"/> Joint replacements | <input type="checkbox"/> Recent surgery (past 12mths) |
| <input type="checkbox"/> Osteopenia/ osteoporosis | |
| <input type="checkbox"/> Mild stroke/Parkinson's disease/multiple sclerosis | |
| <input type="checkbox"/> Other _____ | |

Nature of Condition/s:

If you agree that your patient can participate in the telehealth-based exercise program, are there any aspects of the patient's health that the program providers should be aware of?

Doctors' Name: _____ Signature: _____

Date: _____

Please be aware this Medical Clearance and Agreement Form is only valid until such a time as a change in medical circumstances is apparent.

Return all forms to Arthritis SA 1800 011 041 via email health.services@arthritissa.org.au or via post 111a Welland Avenue, Welland SA 5007.

Referring Health Professionals please ensure your patient has the Enrolment forms found on our website at www.arthritissa.org.au under the Health Professional tab at the top of the page. They will not be able to participate in the program without them.

About the Program

Funded by Country SA PHN (CSAPHN) the [Reboot Your Life: Learn to Live Well with Arthritis Program](#) is a free program designed for patients over 50 years old living in regional South Australia. The program is conducted entirely online.

The intervention is conducted online over 10 week and includes:

- Pre and post assessments to track subjective and objective outcomes.
- 8-weeks of self-management education covering topics such as understanding arthritis and arthritis pain.
- 8-weeks of an evidence-based mindfulness program.
- 8-weeks of telehealth exercise classes.
- Outcome reports will be provided to the patients nominated GP or specialist.

The program is managed Arthritis SA. Telehealth exercise classes are conducted by Uni SA 4th year Exercise Physiology students under the supervision of a qualified professional.

Why refer patients to the program?

One in four South Australians live with arthritis. Empowering people to better self-manage their condition(s) is a key recommendation, yet accessing reliable, evidence-based programs especially in regional areas can be difficult. Using a telehealth approach this program aims to provide people an online self-directed holistic program option that focuses on educating and empowering individuals to improve their health and quality of life.

If you would like to refer other patients to this program:

Further program information and all forms are available at the Arthritis SA website at www.arthritissa.org.au under the Health Professional tab at the top of the page.

Alternatively, email health.services@arthritissa.org.au or call 1800 011 041 for copies of forms.

To apply for the program patients must be over 50, live in regional SA and provide

- A completed signed Medical Clearance form (this form)
- A completed Patient Enrolment form

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This service has been made possible by funding from Country SA PHN.

