

### Irwin and Morgan Risk Stratification Tool

The Irwin and Morgan Risk Stratification Tool Takes the form of a simple traffic light system, the categories of risk are demonstrated below:

Low Risk	
Overweight	No complications
High Normal Blood Pressure	(130-139/85-89) not medication controlled
Deconditioned	Due to age or inactive lifestyle
Type 2 Diabetes	Diet Controlled
Older People aged >65	No more than 2 CHD risk factors and not at risk of falls
Antenatal	No symptoms of pre-eclampsia/no history of miscarriage
Postnatal	Provided 6/52 check complete and no complications
Osteoarthritis	Mild where physical activity will provide symptomatic relief
Mild bone density changes	BMD>1SD and <2.5 SD below young adult mean
Exercise induced asthma	Without other symptoms
Smoker	One other CHD risk factor and no known impairment or respiratory function
Stress/mild anxiety Seropositive HIV	Asymptomatic

Medium Risk	
Hypertension Stage 1	(140-159/90-99) Medication controlled
Type 1 Diabetes	With adequate instructions regarding modification of insulin dosage depending on timing of exercise and warning signs
Type 2 Diabetes	Medication Controlled
Physical disabilities	No other risk factors
Moderate OA/RA	With intermittent mobility problems
Clinical diagnosis Osteoporosis	BMD- 2.5 at spine, hip or forearm or >4 on Fracture index, with no history of previous low trauma fracture
Surgery – Pre and Post	General or Orthopaedic, Not Cardiac
Intermittent claudication	No symptoms of cardiac dysfunction
Stroke/TIA	> 1 year ago. Stable CV symptoms. Mobile no assistance required

<b>Medium Risk</b>	
Asthma	Mild (ventilator limitation does not refrain submaximal exercise)
COPD	Without ventilator limitation but would benefit from optimisation of respiratory
Neurological Conditions	System mechanics and corrections of physical deconditioning E.G. YOUNG ONSET Parkinsons Disease (stable); Multiple Sclerosis
Early symptomatic HIV	Moderately diminished CD4 cells, intermittent or persistent signs and symptoms e.g. fatigue, weight loss
Chronic Fatigue Syndrome	Significantly deconditioned due to longstanding symptoms
Depression	Mild to moderate
Fibromagia	Associated impaired functional ability, poor physical fitness, social isolation, neuroendocrine and automatic system regulation in disorders
<b>High Risk</b>	
Older people >65 years at risk of falls. Frail older people with osteoporosis and history of fracture	REFER DIRECT TO FALLS SERVICE (BMD) >-2.5 at spine, hip or forearm in the presence of one or more documented low trauma or fragility fractures). REFER DIRECT TO FALLS SERVICE
Unstable and uncontrolled cardiac disease	
Claudication with cardiac dysfunction	
Orthostatic hypotension	Fall SBP - 20mg/Hg within 3 mins of standing
Stroke / TIA	Recent (>3 months ago)
Severe Osteoarthritis/Rheumatoid arthritis	With associated mobility
Type 1 or Type 2 Diabetes (Advanced)	With associated mobility
Moderate to severe arthritis	With accompanying autonomic neuropathy, advanced retinopathy
COPD/emphysema	With true ventilator limitation
AIDS	With accompanying neuromuscular complications severe depletion of CD4 cells, malignancy or opportunistic infection
Psychiatric illness/cognitive	AMT score<8