

## Scope of Practice - Information for REACT Leaders

(exercise professionals working in the community)

This guidance will be used by your LLT tutor during your training. The guidance is to help you understand your **scope of practice**<sup>1</sup> as a REACT Leader. By this we mean the individuals who are appropriate for your REACT sessions and those who are not. *Other qualifications that you hold may also affect your scope of practice (e.g. L3 Exercise Referral).*

LLT REACT Leader Training is designed to equip you to work with older adults transitioning to frailty and whose aim is to improve physical function, maintain independence and increase physical activity.

REACT Leaders **should not be working** with people at high-risk of falls<sup>2</sup> as the programme has not been shown to reduce falls. These people should be signposted to evidence-based falls prevention programmes.

### REACT leaders should use the following guidance to ensure they are working within scope:



#### PARTICIPANT **SHOULD NOT**

- ✗ have had **more than 2 falls in the last 6 months, or an unexplained fall\***, *unless referred/assessed as safe to participate following a multifactorial falls assessment*
- ✗ be awaiting a physiotherapy assessment for falls or frailty management
- ✗ be awaiting a GP appointment or other health professional follow up of an uncontrolled condition
- ✗ have contraindications to exercise
- ✗ be already participating in a standing exercise class

\* e.g. loss of consciousness, extreme dizziness, doesn't remember the fall, all indicating requirement for clinical assessment



#### PARTICIPANT **SHOULD BE ABLE TO**

- ✓ walk around their own home unaided or requires use of 1 walking stick
- ✓ get out and about, including to the venue, without physical assistance from another person, with or without walking aid (not walking frame)
- ✓ perform x5 Sit to Stands without the help of another person within 1 minute
- ✓ stand narrow stance unsupported with a reactive step
- ✓ remain in standing for the majority of the class
- ✓ take a backward step with confidence
- ✓ get up from the floor without physical assistance from another person
- ✓ follow instruction
- ✓ monitor their own level of effort/challenge and respond appropriately

<sup>1</sup> Scope of practice outlines the specific tasks, activities, and responsibilities that exercise professionals are qualified and authorised to undertake. Adhering to this scope is crucial for professionals to safeguard their clients' health and well-being. It covers exercise prescription and programming, technique and form instruction, goal setting and progress monitoring, client screening and assessment, individualisation and adaptation, emergency preparedness, communication and referral

<sup>2</sup> High Risk Fallers definition from World Falls Guidelines – Past fall with fracture, multiple falls >2 falls, frail, inability to get up from the floor without help, unexplained falls (<https://academic.oup.com/ageing/article/51/9/afac205/6730755>)