

Specialist Weight Management Service (Tier 3)

For the Western Locality of NEW Devon CCG



For patients aged 18+ years,
BMI 35+ with co-morbidities, or BMI 40+

Referral Criteria

For patients aged 18+ years, with BMI 35kg/m with co-morbidities or BMI 40kg/m.

Co-morbidities are defined as:

- Type 2 diabetes
- Uncontrolled hypertension requiring 3 agents
- Patients whose Hyperlipidaemia is uncorrected by maximum tolerated doses of Statins
- Sleep apnoea
- Severe Osteoarthritis, e.g. requiring listing for joint replacement or in severe pain, uncontrollable with analgesics
- Patients with idiopathic intracranial hypertension
- Infertility in which weight is a barrier to therapy
- Known Cardiovascular disease
- Non-alcoholic steatohepatitis

Exclusions

- Patients not registered with a NEW Devon CCG Western Locality GP
- Patients under 18 years
- Pregnant women
- Patients who are unwilling or unable to participate in group programme (please assess suitability of Mental Health and Learning Disability patients and contact a member of the Weight Management Nursing team if required)

Referral Instructions

Referrals to be made via DRSS or by letter to Sarah Hinds at the address on the back of this leaflet.

Investigations

Height, weight, BMI, BP, HbA1C, U&E, FBC, TSH, LFT, ALT and cholesterol.

The model of service provision

The service is provided in Plymouth by a specialised multi-disciplinary team consisting of specialist nurses, physiotherapists, dietitians, clinical psychologists and consultant endocrinologists supported by a team of clerical staff and support staff.

The two year programme commences with patients required to opt in to attend a mandatory Induction Session which provides an overview of the programme and an understanding of the commitment to behaviour change required. Patients are then required to request an assessment appointment with a Weight Management Specialist Nurse. This includes a biometric measure, medical, social and diet history. The patient can then opt for the group time and venue that is both most convenient for them and has places available.

The programme consists of a total of 28 group sessions which run weekly for 10 sessions, then fortnightly, monthly. Additionally, all patients will have individual review appointments with the specialist nurse and other members of the team. The frequency and the professionals to be seen will be determined on an individual patient basis and would average at approximately 10 appointments per patient over the 2 years.

Referral for bariatric surgery is considered if the patient meets the criteria of 10% weight loss and smoking cessation, if required (**please note, this is the only referral pathway for bariatric surgery for Plymouth patients**). All patients who are accepted onto the programme will have met the basic BMI criteria for bariatric surgery in Western Locality.

The service provided is person-centred and non-judgmental, with the aim of freeing patients up to develop their own internal resources. The programme is psycho-educational, encouraging patients to see themselves as adult learners who are responsible for and capable of deciding on and making their own lifestyle change. Therefore, we operate an 'opt-in' policy at a number of stages in the programme.

The programme is based on a model that aims to increase people's motivation which includes the following approaches - Motivational Interviewing, Cognitive Behavioural Therapy (including behavioural

activation & cognitive restructuring), Transactional Analysis and Mindfulness.

The lifestyle interventions we provide comply with NICE Obesity Guidance CG043 (2006) and are multi-component, which include behaviour change strategies to increase people's physical activity levels, and improve eating behaviour or quality of diet. It is delivered by healthcare professionals who have relevant competencies and specific training. Behavioural interventions are delivered with the support of appropriately trained professionals and include the following strategies, as appropriate for the person:

- self-monitoring of behaviour and progress
- stimulus control
- goal setting and problem solving
- slowing rate of eating
- ensuring social support (including our own support groups run by our patient volunteers)
- assertiveness
- cognitive restructuring (modifying thoughts)
- relapse prevention and strategies for dealing with weight regain.

Contact Details

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