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|-------------------------------------|---|---|
| 1. Service title                    | Weight Management   |   |
| 2. Description of service           | Specialised Tier 3 weight management centre, offering a number of programmes focusing on lifestyle and dietary changes, medication and psychological support. All patients considering bariatric surgery are seen in our service as part of their assessment for suitability for surgery.   |   |
| 3. Who to refer (referral criteria) | <p>Inclusion:</p> <p><u>Routine</u></p> <ul style="list-style-type: none"> <li>• Age ≥ 18</li> <li>• Edmonton Obesity Staging Score (EOSS) 2-4 and BMI ≥35 (32.5 for BAME patients). scoring system is attached).</li> <li>• BMI ≥50 And age ≤60, regardless of EOSS score. Note that in patients aged over 60 with an EOSS score of 0-1, evidence does not support tier 3 referral regardless of BMI.</li> <li>• BMI ≥35 and has engaged with available tier 2 services without achieving weight loss for at least 6 months. List of currently available tier 2 included elsewhere on this page. .</li> <li>• Registered with a Somerset GP</li> <li>• Complications following prior bariatric surgery such as malnutrition or hypoglycaemia (if suspected surgical problem such as abdo pain/vomiting – refer to upper GI surgery)</li> </ul> <p><u>Urgent:</u></p> <ul style="list-style-type: none"> <li>• Age ≥18 AND</li> <li>• Awaiting cancer surgery which is</li> </ul> | <p>Exclusion:</p> <ul style="list-style-type: none"> <li>• Pregnant</li> <li>• Ongoing Binge eating disorder – refer to binge eating service</li> <li>• Ongoing severe mental health disorder (e.g. severe depression/schizophrenia must be stable before referral)</li> </ul> <p><u>Bariatric Surgery:</u></p> <ul style="list-style-type: none"> <li>• Exclusions: Suspected surgical complications. Refer to Upper GI.</li> <li>• Education, nutritional advice and follow up for patients who have had previous (NHS or private) bariatric surgery (contact Advice and Guidance for details of recommended supplements and monitoring)</li> </ul> |

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|  | currently delayed due to raised BMI $\geq 35$  |  |
| <b>4. Pre-referral blood tests</b>                 | <ul style="list-style-type: none"> <li>• FBC</li> <li>• LFTs</li> <li>• TSH</li> <li>• U+Es</li> <li>• HbA1c</li> <li>• Lipid profile</li> <li>• Calcium</li> <li>• Vitamin D</li> <li>• B12</li> <li>• Folate</li> <li>• Ferritin</li> </ul>  |  |
| <b>5. Weight Management Medication Information</b> | <p>Saxenda is currently only prescribed to patients with a BMI <math>\geq 35</math> (<math>\geq 32.5</math> if BAME background) who also have non-diabetic hyperglycaemia (pre-diabetes), and either hypertension or dyslipidaemia.</p> <p>Other weight management medications such as Wegovy are not currently available due to supply issues with GLP-1 medications and referrals specifically for consideration of others will not be accepted for this reason. This is an area likely to change with changes to national policy and this criteria will be reviewed to reflect that in due course. It is very likely that the supply of Saxenda will also be affected in the near future.</p> <p>Please refer to separate forms to find EOSS score and available Tier 2 service information.</p>  |  |
| <b>6. Tier 2 Services Available</b>                | <p><u>Type 2 Diabetes Path to Remission Programme (Formerly Low Calorie Diet Programme)</u></p> <ul style="list-style-type: none"> <li>• Open to patients aged with type 2 diabetes diagnosed in the last 6 years and a BMI <math>&gt;27</math> (25 if BME), if not on insulin with a HbA1c cut off of <math>\geq 43</math> if on medication for diabetes control, and <math>\geq 48</math> if not on medication.</li> <li>• Exclusions for patients who are pregnant, have certain other health conditions or who have a history of not engaging with healthcare.</li> <li>• The full criteria and more information, including how to refer, found on the diabetes TeamNet page: <a href="https://www.clarity.co.uk/NHS-Type-2-Diabetes-Path-to-Remission-Programme">NHS Type 2 Diabetes Path to Remission Programme (clarity.co.uk)</a></li> </ul> |  |

### NHS Digital Weight Management Tool

- Open to patients with BMI >30 (27.5 if BME) and diabetes, hypertension or both. A digital platform which is only accessible to patients following referral from a GP or Pharmacist.
- Referrals can be made via EMIS.
- Further information (including how to access referral template) available via: <https://www.england.nhs.uk/digital-weight-management/information-for-healthcare-professionals/information-for-general-practices/>

### SASP Health Coaches

- Somerset Activity and Sports Partnership (SASP) currently provide health coaches across four PCNS: Bridgwater, North Sedgemoor, West Somerset and Yeovil.
- For practices in these areas: *“Our SASP Health and Wellbeing Coaching service supports people with long term conditions to access physical activity in order to promote and protect their health. If you are living with a long-term health condition, or just ready to take control of your health, our team of Health and Wellbeing Coaches can give you the support you need to make healthy changes to your lifestyle.”*
- Patients can self refer via the SASP website:
- [Somerset Activity & Sports Partnership - Health Coaching Service \(sasp.co.uk\)](http://sasp.co.uk)

### Diabetes Prevention Programme:

- Open to patients aged 18 years and over with HbA1C between 42-47 mmol/mol (6.0-6.4%) or Fasting Plasma Glucose between 5.5-6.9 mmol/l within the last 12 months.
- To refer an individual to NDPP, please ensure they meet the eligibility criteria then complete the referral form which is embedded into EMIS and send it to [scwcsu.somerset@nhs.net](mailto:scwcsu.somerset@nhs.net). A word version is also available below.
- [NHS Diabetes Prevention Programme in Somerset \(clarity.co.uk\)](http://clarity.co.uk)

General lifestyle advice and guidance for patients:

- <https://patientwebinars.co.uk/condition/weight-management/>
- <https://www.nhs.uk/better-health/>

We are aware there are gaps in the above options for tier 2 services and are reviewing the scope to increase and expand service provision, and so anticipate further options to be added in future.