

## York Weight Management Service

### An introduction to the Adult Tier 3 Weight Management Programme

“Positive changes for positive health”

## Information for General Practitioners

Dear Colleagues,

From the 5th November 2018 VoY CCG patients who have a BMI over 35 maybe eligible to attend the York Teaching Hospital NHS Foundation Trust Tier 3 Weight Management Programme (T3WMP). This is a specialist MDT approach weight loss service, which patients may access for up to two years. Start date of the programme is 07/01/2019.

Referrals can currently be made only by General Practitioners using the dedicated referral form through the Referral Support Service, who will process the referral on eRS. The referrals will then be matched against the CCG scoring system. Please note it is possible that not all patients referred will be prioritised to access the full programme currently; those who are not able to access the full programme will be signposted by the service to suitable alternative support and resources, and will continue to be monitored.

From the 5th November 2018, patients who may be eligible/suitable for Bariatric surgical intervention (Tier 4) would only be considered once they have completed the T3WMP and an MDT decision has been made to offer surgery. However, IFR request through the exceptions panel is still an option if clinically exceptional cases are identified.

The T3WMP is divided into three phases:

- Phase 1 is the first 6 months and is the main body of assessment, intervention and education.
- Phase 2 is the intermediate monitoring 6-12 months.
- Phase 3 consists of 12-24 monitoring months.

## **What the T3WMP consists of:**

There will be 10 cohorts of 10 patients per year with a new cohort starting every five weeks, with natural breaks in June and December.

First attendance is divided into two appointments. First is a seminar outlining the programme itself and will be attended by the whole team where possible. The patients also have the opportunity to bring a family member with them to the seminar presentation.

Second part is the patient assessment. The patient will be assessed by the following team members: Consultant Endocrinologist, Physiotherapist, Dietician and Counsellor. From this, the patient will then have their prescribed care. The main body of prescribed care will be over the subsequent 12 weeks where patients will have regular sessions with the Dietitian, Physiotherapist and if suitable the counsellor. Sessions are mainly groups but one-to-ones may also occur or for a small few a combination of the two. The patient will be followed up by the Endocrinologist as required.

The patients will then be followed up at regular intervals in the two further phases and discussed at progress MDT's before a final decision is made on either:

1. discharge back to primary care;
2. sign posted to Tier 2 services again for continues support; or
3. referral to Tier 4 surgery services.

The MDT consists of all members of the T3WMP, at various points attended by GP and final MDT will include Consultant Bariatric surgeon.

## **Further Information**

This is a brief overview of the Tier 3 Weight Management Programme if you would like further information please contact the team on any of the contact details below. Also please contact the team if would like Surgery Practice teaching from one of the team. We would be happy to come and do a face to face session.

David Locker – Service Lead and Advanced Bariatric Surgical Nurse Practitioner.

Clinical Lead – Dr Jagannath Gopalappa Consultant Endocrinologist

## **Contact Details**

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