# Change4Life Specialist Weight Management Clinic Care Pathway

- 1. Clients must complete either the 12 week Change4Life group program or attend Change4Life for 6 x 1:1 sessions
- 2. If client is known to consultant and has been through a weight management pathway a direct referral to surgery can be made by the consultant alongside a referral to the Change4Life team to support client until surgery is scheduled.

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If interested in Bariatric surgery => Bariatric information session.

If not interested in Bariatric surgery must meet the referral criteria for the Specialist Weight Management service.

### **Dietetic appointment(s)**

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1-2 dietetic appointments will be scheduled before a Consultant appointment

### Aim of the appointments:

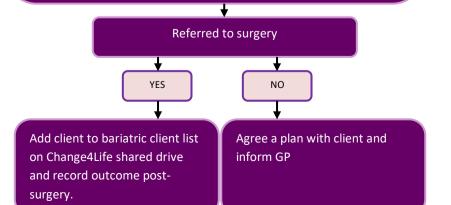
- Complete Dietary part of Obesity Questionnaire
- Assess patients understanding and readiness to change
- Complete a motivation and confidence score
- Send a letter to GP to request the following blood test prior to consultant appointment: TFT's, LFT's, total Cholesterol, HbA1C

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#### **Specialist MDT Clinic**

Clinic will take place every 2nd and 4th Wednesday of the month. Aim of MDT discussion at end of clinic:

- To feed back outcomes of clients seen by dietetic and consultant
- Discuss clients in system i.e. awaiting surgery
- Discuss current waiting times
- Use time for clinical supervision for dietitian



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### Referral criteria

- BMI > 35 kg/m<sup>2</sup> with comorbidities
- BMI > 40 kg/m<sup>2</sup> without comorbidities
- Over 18 years of age

### **Exclusion criteria**

DNA

Eating disorder (ie Binge Eating Disorder [BED] and Compulsive Overeating)

> Follow Change4Life DNA discharge procedure

### **Co-morbidities:**

- Type 2 diabetes
- Hypertension
- Cardiovascular disease
- Osteoarthritis
- Dyslipidaemia
- Sleep apnoea