

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.

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)

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

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

Referred to surgery

YES

Add client to bariatric client list on Change4Life shared drive and record outcome post-surgery.

NO

Agree a plan with client and inform GP

Referral criteria

- BMI > 35 kg/m² with co-morbidities
- BMI > 40 kg/m² without co-morbidities
- Over 18 years of age

Exclusion criteria

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

DNA

Follow Change4Life DNA discharge procedure

Co-morbidities:

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

Not reviewed