

*Additional information – Hip Pathway 2015

Additional info regarding weight loss

- Weight loss is a difficult problem. Consultants are still getting hip and knee referrals for replacements with BMI's in excess of 40, recent high was being 52.
- Rotherham consultants feel it is reasonable to target BMI of 35-37 as the guidance to aim for, although they accept some may struggle to make it.
- Evidence to address weight - should include referral to RIO and the outcome/progress of this.
- Also to help guide - a BMI reduction of 10% from initial weight (e.g. anyone with a BMI>40), would show evidence of progression (i.e. – if starting at BMI 45, losing 4.5 points etc).
- Timescales are again difficult and consultants would ideally like to see steady sustained weight loss. (Rapid weight loss is bad and usually not sustained), this affects hips and knees.
- Also the lifestyle changes need to be addressed. Consultants regularly have to explain to patients how their BMI affects life expectancy.

Please note: These are just guidelines NOT protocols and if for instance a patient has a BMI of >37 and has failed all conservative measures and is struggling, please still feel confident to refer.

*Additional info regarding optimizing medical management for surgical opinion

Guideline states that the patient's fitness must be fully assessed prior to referral and medical management optimised.

- Consultants understand that this is not always possible.
- The final decisions of surgery rest with the surgeon, the patient and the anaesthetist.
- Feedback from the consultants is that at times - medical management has not been optimised and perhaps if it is not possible - then please can the GP give the reasons as to why this was not possible – a little more information in the referral may be helpful, including info on what has been tried.