



Barnsley

Clinical Commissioning Group



**HELP US TO HELP YOU
GET FIT FIRST
FOR YOUR OPERATION**
SUPPORT TO LOSE WEIGHT

HELP US TO HELP YOU... **IMPROVE YOUR HEALTH**

You may feel great, but if you're overweight and need routine surgery, you could be at greater risk of complications during or after your operation. The good news is these complications can often be reduced by taking care of yourself beforehand.

We know many life choices can affect long-term health, and being seriously overweight can lead to a number of serious, potentially life-threatening conditions.

Barnsley Clinical Commissioning Group (CCG) has introduced a health and wellbeing programme to help make sure you are in the best possible health when you go for an operation, and are able to recover better afterwards.

If you have a body mass index (BMI) of 30 or over and need a routine, non-urgent operation, you will be encouraged to lose weight over a 6-month period to improve your health, reduce the risks and stay healthy prior to and after your operation.

BMI*	Male, 6ft tall	Female, 5ft 5in tall
30	Weight: 16 st	Weight: 13 st
35	Weight: 18 st 6lbs	Weight: 15 st

Visit **nhs.uk** and search BMI calculator to check yours.

*A BMI of 30 to 39.9 is classed as obese.



DID YOU KNOW?

It is more difficult to give anaesthesia to obese patients



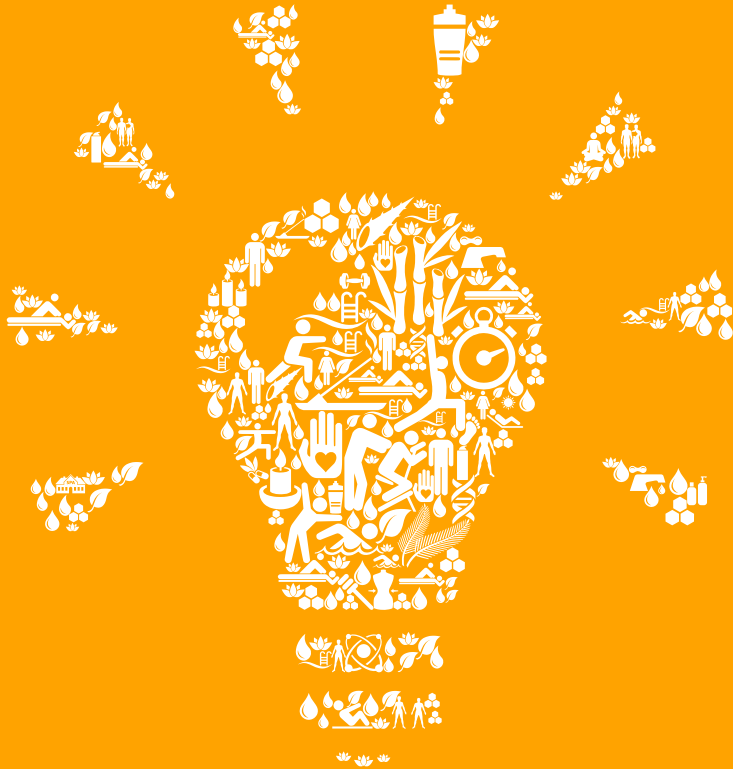
DID YOU KNOW?

Being overweight increases your risk of developing complications during and after an operation

HELP US TO HELP YOU... **REDUCE POSSIBLE COMPLICATIONS**

Being overweight increases the possibility of developing complications during or after an operation. By taking care of yourself before you go for your op, you are able to reduce your risk of:

- starving your heart of oxygen
 - forming blood clots in your veins
 - finding it harder to breathe during and after surgery
 - increasing your risk of infection
 - impairing the healing of your bones, skin and wounds
 - changing the breakdown of certain drugs in your body
 - increasing your recovery time from general anaesthesia
 - increasing your length of stay in hospital and increasing your overall healing time.
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DID YOU KNOW?

It's easier to stick with a weight loss plan when you have support

HELP US TO HELP YOU... LOSE WEIGHT

It's easier to stick with a weight loss plan when you have support.

You will be encouraged and supported to adopt a healthy eating and exercise programme tailored to your needs to assist you in your weight loss journey.

There are lots of these services available across Barnsley, some of which your GP can refer you to with your consent.

There are also lots of local groups you may wish to use. Visit www.livewellbarnsley.co.uk for more details or check out the NHS website for ideas and advice on moving more and achieving a healthy weight.

Visit www.nhs.uk/livewell



QUESTIONS YOU MAY HAVE

How do I enrol on to the weight management service?

Your GP practice will refer you to the weight management service with your consent. You may wish to take time to think about joining.

What happens once I have completed my health and wellbeing programme?

At the end of your 6-month health and wellbeing programme (earlier if you achieve a BMI under 30), you can contact your practice to talk about your health and recommendations for your operation. If your BMI is above 35 your GP will talk to you about the benefits of reducing your weight by at least 10%.

What happens if I haven't managed to lose weight after 6 months?

We do strongly recommend that you try to adopt a healthier lifestyle to reduce the risk of complications during and after your operation. However, if you are unable to lose weight you can make a follow-up appointment with your GP practice to talk about your health and if you still require a referral for your operation.

Can my doctor still refer me for tests or a consultant's opinion?

Your GP practice can still refer you for tests. If the tests reveal you need a non-urgent routine operation, the hospital will write to inform your doctor. You will then be encouraged to complete the 6-month health and wellbeing programme to lose weight prior to your operation.

What happens if my condition changes during the 6 months?

If you are concerned that your condition has got worse you should discuss this with your GP.

Are there any exemptions to the programme?

Yes, there are a number of exemptions from the health and wellbeing programme:

- Patients needing urgent or emergency surgery
- Patients undergoing surgery for cancer
- Patients undergoing tests for suspicion of cancer
- Children under 18 years of age
- Patients with a BMI of 30 or over, but who have a waist measurement less than 94cm/37 inches (males) 80cm/31.5 inches (females)

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- Patients with a severe mental health illness, learning disability or significant cognitive impairment
 - Patients referred for a diagnostic intervention e.g. endoscopy

For more information on this programme visit:

www.barnsleyccg.nhs.uk/getfitfirst



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This document can also be made available in alternative languages and other formats by contacting us in the following ways:

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