



Barnsley Tier 3 Weight Management Service

Contact Details:

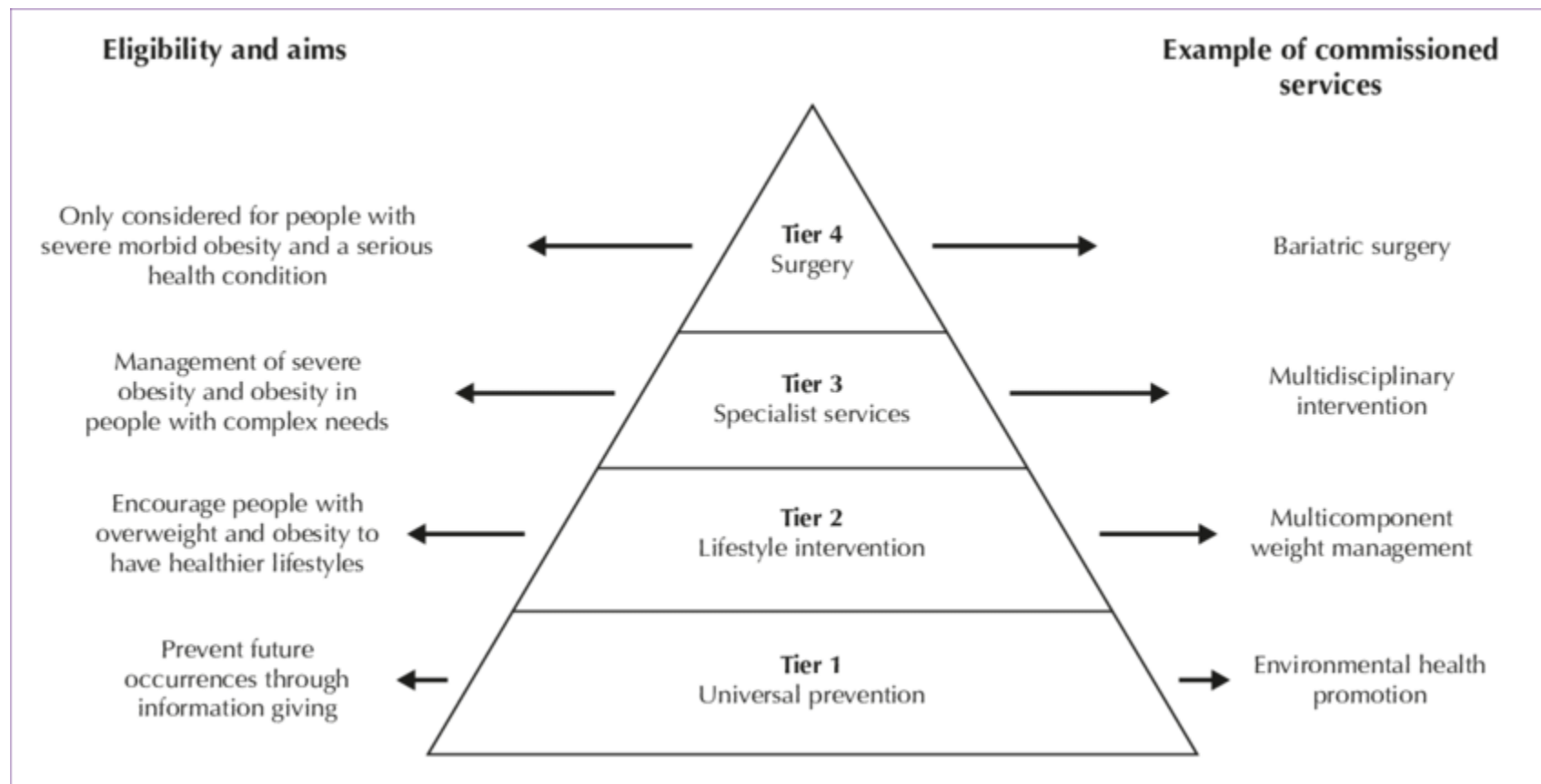
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With **all of us** in mind.

Tiered Approach:



With **all of us** in mind.

T3 Key Objectives:

- Delivering a high quality, **clinically led programme** within the geographical area of Barnsley for appropriately referred clients.
- Providing **multi-disciplinary team** (MDT) assessment and intervention to motivated clients who fit the referral criteria and have tried other weight loss services previously but have not achieved their goal(s).
- Functioning as part of a seamless care pathway for adult, pregnant and paediatric overweight and obesity.
- Where appropriate, **signposting** clients to Tier 2 (T2) and/or referring to Tier 4 (T4) for surgical assessment and contribute to the pre-operative management of these clients.

The Team:

- Commissioned by Barnsley CCG in 2012
- Consultant lead MDT clinic adult – without injectable pharmacotherapy
- Consultant lead MDT paediatric clinic
- Tier 3 dietitians; Band 5 x2, Band 6 and Band 7
- Dietetic assistant x1
- Admin/secretary x1
- CBT Therapist – vacant
- Integrates seamlessly with Tier 4 Bariatric surgery services in Sheffield and Doncaster

T3 Referral Criteria:

Adult conservative pathway

Aged 16yrs+

- Registered with a Barnsley GP
- Body Mass Index (BMI) 35kg/m² or more with 2 or more co-morbidities such as Type 2 diabetes, high blood pressure etc.
- BMI > 40 kg/m² without any co-morbidities

Adult bariatric pathway:

Aged 18yrs+

- Registered with a Barnsley GP
- BMI >30kg/m² with Type 2 diabetes requesting bariatric surgery
- BMI >35kg/m² with co-morbidities
- BMI >40kg/m² without co-morbidities
- No specific uncontrolled metabolic or psychological reason for obesity

T3 Referral Criteria:

Antenatal pathway

- Pregnant women
- Registered with a Barnsley GP
- BMI >30kg/m²

Paediatric pathway

- Aged 4-15yrs
- Registered with a Barnsley GP
- BMI adjusted for height and gender above the 98th centile
- BMI adjusted for height and gender above the 91st centile with significant comorbidities and complex needs eg learning disabilities or safeguarding issues directly related to obesity

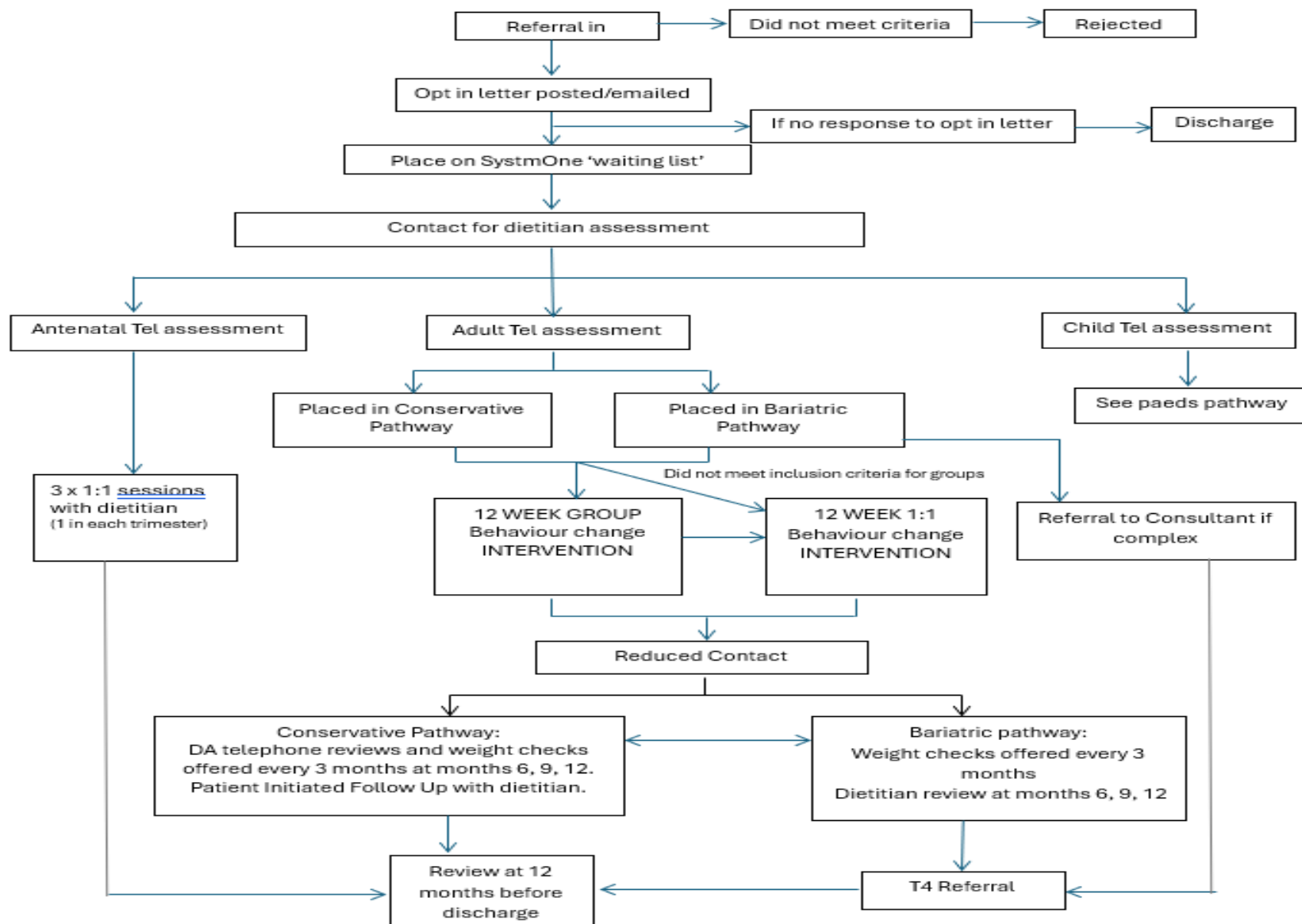
T3 Referral Criteria:

Exclusion criteria

- Clients who do not satisfy the referral criteria
- Clients with unstable or severe mental or physical illness beyond the expertise of primary care
- Clients with severe active eating disorders

T3 Service Pathway:

Draft New Tier 3 Weight Management Pathway



T3 Service Pathway:

3 Phase programme

Phase one: Stabilisation.

- Telephone assessment with dietitian when referred (there's currently a waiting list for this) to discuss weight history, mental health, service pathway, motivation and expectations.
- Initial 'Welcome' email. This includes key principles of weight management and guidance on goal setting

T3 Service Pathway:

Phase two: Behaviour change intervention.

- 12 weeks groups: 6 fortnightly sessions face to face or online offered at various time of day including evenings.
- OR
- 12 week 1:1 intervention: 6 patient led fortnightly sessions if patient is excluded from group. These can be telephone or face to face clinics. Offered at various times of the day, including evenings.
- Medical and Surgical Weight Management will also be available for those that require it (currently no access to weight loss injections).

T3 Service Pathway:

Phase three: Maintenance.

- Self-management, goal tracking and reviewing.
- Follow up review with dietetic support worker at months 6, 9 and 12.
- Weight check offered every 3 months.
- Patient initiated 1:1 follow ups by dietitian at any time.
- Opportunity to restart groups.

SUMMARY

- Barnsley T3 is a Lifestyle and behaviour change intervention with psychological, medical and surgical treatment.
- Specialized multi-disciplinary team is necessary for effective management of obesity class II & III.
- Increasing use of digital technology to promote weight control.
- Primary care team have a crucial central role in overweight and obesity management

Thank you



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