

# Cardiff and Vale weight management service triage process for Adults living with overweight and obesity referred via Primary care/HCP

## REFERRAL CRITERIA

BMI 28-30KGM<sup>2</sup> if associated risk factors e.g raised cholesterol level/CHD/diabetes

BMI > 30KGM<sup>2</sup>

BMI > 40KGM<sup>2</sup> optimising outcomes policy for weight management prior to elective surgery.

Referrals to Professor Datta and the Specialist weight management service (SWMS) are managed by the Community Dietitians e.g. if patient requesting Wegovy or bariatric surgery.

Referral received into Community Dietitians department and triaged by a Senior Clinician to either Dietetic led services or the Specialist MDT.

## Dietetic led services

Initial assessment with a Dietitian (RD), via telephone (around 40 minutes).

### Offer:

4-6 x 1:1 appointments with the RD (virtual or face 2 face). We aim to offer the same RD at each 1:1 appointment.

OR Eating For Life group – 8 week education program (virtual or face 2 face). If on completion of the group some 1:1 input is required, this will be arranged.

OR - Direct to Foodwise for Life delivered by Living Well Coaches in the Community. Links to on-line resources are always an option.

For a limited time (until August 23) Oviva App based offer, virtual WM support service, with the option of telephone coaching.

We also offer a 'Sticking together with change' weight maintenance support program for those that have completed input via 1:1 or group

### Also available via this pathway if required:

DAS – one off DM2 awareness session

X-pert DM2 6 -week patient empowerment program

MyDesmond – free DM2 app

## Consultant led Specialist Weight Management Service (SWMS) MDT.

██████████ Clinical Psychologist, Specialist Dietitian, Specialist Physiotherapy, Specialist Occupational Therapist, Clinical Nurse Specialist

*NB: Those patients requesting Injectable GLP1 (Wegovy) or surgery who have never seen a Dietitian will be directed to the Dietetic led service above. Exceptions to this will be those that have clearly experienced trauma/childhood trauma, which will be impacting on ability to focus on a weight loss plan.*

All patients have an initial face to face service entry assessment (SEA) appointment with a member of the MDT (excluding the Consultant). The MDT will meet after this and discuss a way forward for each patient assessed. This will be shared with the patient.

Patients will be expected to engage with all aspects of the service offer before being referred to Welsh institute for metabolic and obesity surgery (WIMOS) for consideration of bariatric surgery.

The team are currently developing an intervention pathway for the use of Wegovy, this will involve regular group sessions with the team. All patients following this pathway will be expected to engage in this intervention.

Intervention complete, referrer informed and patient discharged

OR

Did Not Attend x1 or Could Not Attend x2

Return to referrer advising no input provided. Patient discharged

Patient continues input with the MDT until such time that they are referred to WIMOS for consideration of bariatric surgery, OR discharged to continue improved behaviours learned, OR have completed 2 years of Wegovy and are discharged back to the GP.

Did Not Attend initial appointment x1 or Could Not Attend initial appointment x2  
Patient discharged back to referrer.

Pathway Lead for WM Clinical services – ██████████

Riverside Health Centre – 02920 907681

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