**Specialist Weight Management Service – Tier 3**

Commissioned by Public Health, St Helens Council

We assess and support individuals to achieve a healthy, sustained weight loss for long term health improvements including individuals who are considering bariatric surgery. We support in key areas: Physiology (Medical), Psychology (Mental Health), Nutrition, Physical activity, Social Health.

**Acceptance Criteria**

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| Registered with St Helens GP |
| Aged 18+ and:   * BMI 40+ * BMI 35+ with one or more comorbidities (including history of gestational diabetes) * BMI 35+ and pregnant at time of booking * BMI 30+ with diabetes |
| Has not accessed Tier 3 within the last 12months |
| Patient is motivated to make holistic lifestyle changes and committed to engaging with the service for a ***minimum of 12 months. (min 6mths for BMI 50+ and on bariatric pathway)*** |
| **In addition - For Bariatric (Tier 4) onward referrals**  *Note: It is a requirement that patients complete the Tier 3 programme before a referral can be made to the Tier 4 surgical providers. Anyone who wishes to bypass this phase should not be referred.* |
| GP has referred for the bariatric pathway or has subsequently approved |
| BMI of 40kg/m2 or more, or between 35 kg/m2 and 40kg/m2 in the presence of other significant diseases |
| Morbid/ severe obesity has been present for at least five years |
| No specific clinical or psychological contraindications to this type of surgery |
| The individual is committed to the need for follow-up by a doctor and long-term compliance with an altered lifestyle and dietary habit post-operatively |
| Willing to receive and comply with the service requirements for a ***minimum of 12months (min 6months for BMI 50+ and on bariatric pathway)*** |

**Exclusion Criteria**

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| Current diagnosis of anorexia or bulimia nervosa |
| Achieving weight loss through another weight management group |
| Active substance/ alcohol misuse or dependency |
| Significant psychiatric disorder that would prevent engagement |
| Estimated Glomerular Filtration Rate (eGFR) < 30 indicating Chronic Kidney Disease Stage 4 or 5 |
| Serious uncontrolled disease, acute infection or awaiting further investigations |
| Blood pressure at rest above 179 mm Hg Systolic, 99 mm Hg Diastolic |
| Decompensated Liver Disease which may be suggested by history of: portal hypertension, splenomegaly, oesophageal varices or ascites |
| Is within 2 years from receiving surgery from a Tier 4 provider (UK or oversees) |

**Referral Checklist**

* Completed referral form, signed with recent medical summary and blood tests within last 3 months.
* Blood tests:
* minimum lipid profile
* thyroid function tests
* hba1c
* plus, additional U&E if CKD or other renal disease and LFT if any hepatic disorder
* Epworth score completed, and a referral to the sleep clinic where appropriate, made by patients own GP.
* Indicate if patient wants to be on the bariatric pathway and GP approval.
* The patient gives consent to the tier 3 referral, and they are fully aware of the long-term commitment needed to make lifestyle changes.

**Key points of note**

* We do not prescribe medication (including for weight loss) but may make suggestions for the patient’s own GP to consider.
* We work with external partners and may signpost or refer to those services as part of the patients care plan.
* For further information visit our website [www.sthelenswellbeing.org.uk](http://www.sthelenswellbeing.org.uk)