

North Devon Specialist Weight Management Service

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

Your GP has referred you to the North Devon specialist weight management service run by Northern Devon Healthcare NHS Trust.

This leaflet provides you with information about the service and what to expect.

Who are we and what do we do?

The North Devon specialist weight management service provides assessment, support and guidance to motivated individuals in their efforts to lose weight and improve their long-term medical risks.

The support provided is non-judgmental and encourages the individual to make positive and sustainable changes to their lifestyle and eating behaviour. People are encouraged to set realistic and achievable goals focusing on general wellbeing and health improvement as well as weight loss.

The team is made up of a number of different healthcare professionals with an interest in weight management, each with their own area of expertise.

They include:

- Consultant physician
- Dietitian clinical lead
- Physiotherapist
- Healthcare assistant

What will happen?

1. Before coming to your initial assessment appointments

Before coming to your initial assessment appointments, you will need to have some blood tests. These should be performed at your GP practice. Please book an appointment for a blood test; you will have been sent the blood form with this leaflet. If any particular problems are identified, further assessment of these areas will be made.

Please bring the following with you to your first appointment:

- A list of your current medications or prescription(s)
- Completed 4-day 'Food and Activity Diary'
- Completed 2-page 'Motivation' form
- Completed 'The Epworth Sleepiness Scale' form
- Completed 'Pittsburgh Sleep Quality Index (PSQI)' form (answer questions only, scoring not required)
- Completed outcome form (if provided)

2. At your initial assessment appointments

Following referral, you will have a medical assessment followed by individual dietetic and physiotherapy assessments. Medical assessment appointments will be held face-to-face in person at North Devon District Hospital. However, assessment appointments with the dietitian and physiotherapist will be scheduled as a video consultation.

At your medical assessment, you will be seen by the dietitian clinical lead and consultant physician who will make a full assessment of your weight and any other associated medical issues.

In the following week(s), you will then be seen individually by both the dietitian and physiotherapist. They will make full assessments of your lifestyle relating to diet and physical activity. They will agree with you a personal plan for change in order to support your weight management.

3. After your initial assessment appointments

Following the individual assessments, you will be invited to participate in our multicomponent intervention programme, including access to our online platform, individual dietetic consultations, Q&A webinars, and face-to-face activity & wellbeing sessions. You will be asked to choose one of the following options:

Option 1 – All components

- Both dietetic (online platform access, up to 5 individual dietetic consultations and Q&A webinars) and physiotherapy (up to 5 activity & wellbeing group sessions) intervention components

Option 2 - Dietetic only

- Online platform access, up to 5 individual dietetic consultations and Q&A webinars
- Suitable for those patients unable to attend activity & wellbeing group sessions but have access to the internet

Option 3 – Telephone and face-to-face only

- Up to 5 individual dietetic consultations with dietitian
- Up to 5 activity & wellbeing group sessions
- Suitable for those patients without access to the internet (therefore unable to access online platform and Q&A webinars)

You will have a progress review at 6 months. Following this, you will either be discharged or receive a lower intensity level of support for a further 6 months, depending on your progress. Alternatively, if you desire and meet required referral criteria and eligibility, you may be referred for bariatric surgery assessment.

What are we trying to achieve?

Having been referred to the North Devon specialist weight management service, we recognise that weight loss will have been a problem to you over many years. Achieving significant weight loss and maintaining it is difficult and requires a change in approach to lifestyle, diet and exercise. We focus on exploring and addressing the individual personal drivers of health behaviours to improve long-term health and weight management through:

- Encouraging a non-diet approach to healthy eating, which decreases restrictive eating
- Exploring motivation and eating behaviours
- Giving you the freedom to listen to your body by eating when you are hungry and stopping when you are satisfied
- Promoting a healthy attitude to food and your body for long-term weight management
- Promoting physical activity that you enjoy
- Acknowledging that everyone is an individual and that different approaches will work for different people
- Providing you with the skills, tools, and confidence to tailor lifestyle changes to your individual needs

Over the course of six months we hope to have supported you in your efforts to improve your health and weight management, with the expectation that these improvements will continue through sustaining the positive lifestyle changes that you have made.

Some people may desire further weight loss. This may take years for them to achieve. For those people, bariatric surgery may be a consideration. During the programme, the different types of bariatric surgery available will be explored, including expectations and recommended eating behaviours post-surgery.

Expectations to support beneficial participation and improved outcomes

By agreeing to be referred to the North Devon specialist weight management service by your GP, you have recognised that your excess weight is affecting your health and everyday life, and/ or you have concerns regarding the effect your excess weight will have on your future health. We therefore expect you to be motivated and in a position to prioritise making lifestyle behaviour changes to support improved health and weight management.

The programme is collaboration between the healthcare professionals and patients, with an expectation that you will attend at least 75% of the appointments offered within your selected intervention option. We acknowledge that this may impact upon work and other commitments, therefore we would be happy to provide you with a letter explaining the medical need for attendance at these groups.

For those wishing to have bariatric surgery, weight loss needs to be achieved before surgery. Bariatric surgery is not an easy solution nor is it a replacement for healthy eating, and it will be more effective if lifestyle changes are made first.

We look forward to seeing you and will be able to discuss any further concerns or queries at your initial assessment appointments.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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