

Greater Glasgow and Clyde Weight Management Service:

Referral Guidance

- The service is for patients 18 years and over .
- Patients referred but deemed unsuitable will be referred back to the referrer with an explanation.
- Patients must not have attended GCWMS within the last 12 months. (Unless there has been significant medical or social change).
- Patients with a BMI ≥ 40 do not need co-morbidities to be referred.
- Patients with South Asian/Chinese/Middle Eastern Ethnicity have a lower BMI threshold and can be referred with a BMI of ≥ 27.5 rather than ≥ 30 or with a BMI of ≥ 22.5 rather than ≥ 25 with one or more comorbidities and at high risk of developing type 2 diabetes.
- Referrers have continued responsibility to monitor conditions such as Type 1 / Type 2 Diabetes.
- The service may request the referrer to prescribe if appropriate.
- Patients must not have attended a commercial weight loss organisation in the previous 3 months.
- The service is not suitable for the following patients suffering from the following;
 - Uncontrolled hypothyroidism
 - Untreated Cushing's syndrome
 - Unstable major psychiatric illness
 - Ongoing alcohol or drug abuse

Referral criteria for GCWMS (January 2021)

Self Referral Criteria

BMI	+ one or more of the following co-morbidity
≥ 25 (22.5)*	Type 2 Diabetes (confirmed diagnosis)
≥ 30 (27.5)*	Type 1 Diabetes (confirmed diagnosis) Heart disease Stroke

Health Professional Referral Criteria

BMI	+ one or more of the following co-morbidity
≥ 25 (22.5)*	Impaired fasting glucose / Impaired glucose tolerance / High risk of Type 2 Diabetes. Type 2 Diabetes (confirmed diagnosis) Previous Gestational Diabetes Diagnosis
≥ 30 (27.5)*	Type 1 Diabetes (confirmed diagnosis) Existing Cardio Vascular Disease (CVD) Mobility issues Weight loss required pre surgery Dyslipidaemia High TG >3.0 mmol/l
≥ 30 (27.5)*	Confirmed diagnosis of: Sleep Apnoea Non- Alcoholic Fatty Liver Disease (NAFLD) Severe Psoriasis Renal Chronic Kidney Disease (CKD) Stage 4, Stage 5, +/- Dialysis Chronic Obstructive Pulmonary Disease (COPD) Polycystic ovary syndrome (PCOS)
≥ 30 (27.5)*	Attending secondary care clinic for: Hypertension Severe Asthma
≥ 40	No co-morbidity required

* Patients with South Asian/Chinese/Middle Eastern Ethnicity have a lower BMI threshold

Patient Destination (January 2021)

Community Weight Management Service	
BMI	Co-morbidity
≥25 (22.5)* – <45	-Type 2 Diabetes (confirmed diagnosis other than those eligible for bariatric surgery)
≥25 (22.5)*	-Impaired Fasting Glucose -Impaired Glucose tolerance -High risk of developing Type 2 Diabetes (WHO criteria 42-47mmol/mol) - Previous Gestational Diabetes Diagnosis
≥30 (≥27.5*) – <45	-Type 1 diabetes (confirmed diagnosis) -Existing CVD -NAFLD (no Fibrosis and no cirrhosis) -Psoriasis -Dyslipidaemia (high TG ≥3.0mmol/L) -Mobility Issues -Polycystic ovary syndrome (PCOS) or COPD. -Weight loss required prior to surgery Attending secondary care clinic for Hypertension and Severe Asthma.
≥40 (up to a maximum weight of 240kg)	No co morbidity required

Specialist Weight Management Service	
BMI	Co-morbidity
≥30 (≥27.5*)	Confirmed Diagnosis of: Sleep Apnoea -NAFLD with Fibrosis and/or cirrhosis -Severe Psoriasis -Renal CKD4, CKD 5 + /- Dialysis
≥45	-Type 1 Diabetes (confirmed diagnosis) -Type 2 Diabetes (confirmed diagnosis) -Existing CVD -NAFLD (no Fibrosis and no cirrhosis) -Psoriasis -Dyslipidaemia (high TG ≥3.0mmol/L) -Mobility Issues -Polycystic ovary syndrome (PCOS) or COPD. -Weight loss required prior to surgery Attending secondary care clinic for Hypertension and Severe Asthma,
BMI ≥35 - ≤60	Potential bariatric surgery patients - Type 2 diabetes (confirmed diagnosis) AND - age ≥ 18 - < 55 years old AND - diagnosed <10 years
BMI ≥35 - ≤60	- Sleep Apnoea (confirmed diagnosis) - age ≥ 18 - < 45 years old
≥240kg	-No co morbidity required

* Patients with South Asian/Chinese/Middle Eastern Ethnicity have a lower BMI threshold

Patients with a history of bariatric surgery

Individuals meeting the referral criteria and with a history of bariatric surgery will in the first instance be triaged to the specialist weight management service (SWMS) for an initial assessment prior to triage.

What do the different services in the GCWMS offer to patients?

Community Weight Management (in partnership with WW (Weight Watchers Re-imagined))
<ul style="list-style-type: none"> Patients will be given sixteen weeks free virtual membership to WW Membership provides access to timetable of virtual workshops delivered online and a range of support through the WW smartphone app Patients will follow a programme combining healthy eating, physical activity and behaviour change techniques Patients who successfully engage and lose 5% of their body weight will be considered for a further sixteen week block.

Specialist Weight Management Service
<ul style="list-style-type: none"> Following an initial assessment, individuals will participate in a lifestyle intervention programme delivered in a virtual group setting. The service will help <ul style="list-style-type: none"> change eating behaviours and improve physical activity levels set realistic weight loss goals to improve health and give tools needed to maintain weight loss over time Medication and surgery will be considered as appropriate Additional input from specialist physiotherapy and clinical psychology will be offered where required

- When referring a patient ensure the patient has the GGC Weight Management Service leaflet so that they understand what the service offers and can make an informed decision about whether they would like to opt in to the service.
- The Weight Management leaflet contains the opt in telephone number: 0141 211 3379 (available Mon-Fri, 8:00am -4:00pm)
- General enquires about the service should be made to by phone to: 0141 211 3379 or by email to: WeightManagement.HealthRecords@ggc.scot.nhs.uk.
- Further information is available from: [Weight Management Service](#) Web page

28th January 2021