

## 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 3 months.
- ➔ Patients with a BMI  $\geq 40$  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  $\geq 27.5$  rather than  $\geq 30$  or with a BMI of  $\geq 22.5$  rather than  $\geq 25$  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 patients suffering from the following:
  - Uncontrolled hypothyroidism
  - Untreated Cushing's syndrome
  - Unstable major psychiatric illness
  - Ongoing alcohol or drug abuse

## Referral criteria for GCWMS (May 2023)

### Self-Referral Guidance

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

## Healthcare Professional Referral Guidance

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

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

# Patient Destination (May 2023)

Community Weight Management Service	
BMI	Co-morbidity
<b>≥25 (22.5)*</b>	<ul style="list-style-type: none"> <li>-Impaired Fasting Glucose</li> <li>-Impaired Glucose Tolerance</li> <li>-High risk of developing Type 2 Diabetes (WHO criteria 42-47mmol/mol)</li> <li>- Previous Gestational Diabetes diagnosis</li> <li>- Type 2 Diabetes (confirmed diagnosis)</li> </ul>
<b>≥30 (&gt;27.5*)</b>	<ul style="list-style-type: none"> <li>- Type 1 Diabetes (confirmed diagnosis)</li> <li>- Existing CVD</li> <li>- NAFLD (no fibrosis and no cirrhosis)</li> <li>- Psoriasis</li> <li>- Dyslipidemia (high TG &gt;3.0mmol/l)</li> <li>- Mobility Issues</li> <li>- Polycystic ovary syndrome (PCOS)</li> <li>- COPD</li> <li>- Weight loss required prior to surgery</li> <li>- Sleep Apnoea</li> <li>- Attending secondary care clinic for Hypertension or Severe Asthma</li> </ul>
<b>≥40 (up to a maximum weight of 240kg)</b>	No comorbidity required

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

Specialist Weight Management Service	
BMI	Co-morbidity
<b>≥30 (≥27.5*)</b>	<ul style="list-style-type: none"> <li>- Confirmed Diagnosis of: Renal CKD4, CKD 5 + /- Dialysis</li> <li>- NAFLD with fibrosis and / or cirrhosis</li> </ul>
<b>≥45</b>	<ul style="list-style-type: none"> <li>-Type 1 Diabetes (confirmed diagnosis)</li> <li>-Type 2 Diabetes (confirmed diagnosis)</li> <li>- Existing CVD</li> <li>- NAFLD (no fibrosis and no cirrhosis)</li> <li>- Psoriasis</li> <li>- Dyslipidemia (high TG ≥3.0mmol/l)</li> <li>- Mobility Issues</li> <li>- Polycystic ovary syndrome (PCOS)</li> <li>- COPD</li> <li>- Weight loss required prior to surgery</li> <li>- Sleep Apnoea</li> <li>- Attending secondary care clinic for Hypertension or Severe Asthma</li> </ul>
	Potential bariatric surgery patients:
<b>≥35 - ≤60</b>	<ul style="list-style-type: none"> <li>- Type 2 diabetes (confirmed diagnosis) AND</li> <li>- age ≥ 18 - &lt; 55 years old AND</li> <li>- diagnosed &lt; 10 years</li> </ul>
<b>≥35 - ≤60</b>	<ul style="list-style-type: none"> <li>- Sleep Apnoea (confirmed diagnosis)</li> <li>- age ≥ 18 - &lt; 45 years old</li> </ul>
<b>&gt;240kg or BMI ≥60</b>	No comorbidity required

## 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 Service (in partnership with Weight Watchers and Slimming World)



- ➔ Patients will be given sixteen weeks free in person or virtual membership to WW (new Weight Watchers) or Slimming World
- ➔ Membership to WW or Slimming World provides access to a timetable of in person or virtual workshops delivered online
- ➔ A range of support is provided through the WW or Slimming World smartphone app
- ➔ Patients will follow a programme combining healthy eating, physical activity and behaviour change techniques
- ➔ Patients who successfully engage (attend 10 out of 12 weeks) and lose 5% of their body weight will be considered for a further sixteen week block.

## Specialist Weight Management Service



- ➔ Following an initial assessment, individuals will participate in a lifestyle intervention programme delivered in a virtual group setting
- ➔ The service will help
  - 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

- ➔ All referrals are received through a NHSGGC Weight Management Referral Management Hub and individuals are triaged to either the Specialist or Community service depending on complexity
- ➔ Individuals triaged to Community service will be offered WW or Slimming World and the individual's destination will be based on clinical guidelines, comorbidities, medical history, demographic information and personal needs
- ➔ 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](mailto:WeightManagement.HealthRecords@ggc.scot.nhs.uk)
- ➔ Further information is available from: [Weight Management Service Web page](#)