WEIGH FORWARD

Grampian Specialist Weight Management Service
Referral Guidelines for Healthcare Professionals

Weigh Forward is a team of specialist Psychologists and Dietitians who can offer regular and structured support for patients to help with long term weight loss and lifestyle changes.

Who is this service for?

Weigh Forward is for patients who have made several unsuccessful attempts at weight loss in the past through attending structured group education e.g. Health Helpings or commercial programmes. We are looking for patients who are motivated to make the changes required for sustained long term weight loss.

What does our service offer?

The service involves 12 fortnightly sessions to cover a range of topics including diet, activity and lifestyle changes. The programme has a strong emphasis on the psychology behind eating, helping patients to identify and overcome many of the issues that may have hampered weight loss attempts in the past.

After the initial group sessions patients will remain within the service for a further 12 months when they will have regular contact with the team to ensure continued weight loss or maintenance. We will also run one to one appointments covering similar content as offered in the groups as required.

How can I refer my patient?

- We accept referrals from Healthcare Professionals - GP, Consultant, Practice/Specialist Nurse, and Allied Healthcare Professionals.
- Referrals can be made through SCI-Gateway Nutrition Mailbox.
- Referrals can also be made by completing a referral form and sending by post or email to Grampian Specialist Weight Management Service, 1st Floor, South Tower, Aberdeen Royal Infirmary, Aberdeen, AB25 2ZN

E-mail to nhsg.swms@nhs.net
Referral Criteria:

- Aged 18 and over
- BMI ≥ 35
- BMI ≥ 30 (with associated co-morbidities)
- Motivated to change and engage with a 6 month programme
- Engaged with structured weight management programme eg. Healthy Helpings or similar
- *16 and 17 year olds may be considered depending on circumstances*

Service Exclusions:

- Unstable psychiatric or medical disorder
- Acute infection
- Acutely unwell
- Pregnancy
- Physically unable to attend outpatient appointments

What Happens Next:

- Referral will be assessed by the MDT team and if appropriate an opt in appointment letter will be sent to the patient to invite them to attend our assessment clinic.
- At the assessment clinic they will be offered the opportunity to complete an intensive weight management programme over 6 months delivered by a specialist team of Psychologists, and Dietitians with follow up at 12 months on completion of the intensive programme.
- The programme involves group and one to one sessions in diet, physical activity, behaviour change, motivational enhancement, disordered eating and cognitive behaviour therapy.
- We will keep the referring professional updated of their patient’s progress at 6 months and on discharge.

Service Evaluation

NHS Grampian has received 2 years of initial funding to set up the service. By the end of this time period we need to provide evidence of how successful the service has been. Evaluation of the service will involve looking at changes in patient’s weight, eating behaviour, and activity levels. We will also be looking at measuring a range of psychological aspects including self efficacy, quality of life and emotion regulation.

More information on the service can be found on the NHS Grampian Hi-Net

www.hi-netgrampian.org