REFERRAL FORM TO GREATER GLASGOW AND CLYDE WEIGHT MANAGEMENT SERVICE

NHS Greater Glasgow and Clyde

PLEASE COMPLETE FULLY
- ***all information required to deliver service safely***

PATIENT DETAILS M: ☐ F: ☐

CHI No .....
Name .....
Address .....
.....
Postcode .....

D.O.B. (dd/mm/yy)_

Please place patient information sticker here

PRACTICE DETAILS

GP Name.....
GP Practice Address.....
.....
Postcode .....**Tel** .....

REFERRING CLINICIAN DETAILS

Referrers Name (Please Print).....
Department.....
Hospital.....
Tel .....
Date ..... **Signature** .....

Referrer will be able to access patient outcomes via clinical portal.

Patient Telephone Number

_____

Eligibility Criteria

(Referral by relevant secondary care clinic only)

☐ **Current Weight (kgs):** .....

☐ **Height (m)**.....

Please tick all that apply

	BMI	Yes √
Existing CVD (Previous MI, CVA, angina, stent, CABG/ heart failure/ atrial fibrillation)	≥30 or ≥27.5**	
Sleep apnoea (confirmed diagnosis)	≥30 or ≥27.5**	
Severe Asthma (resp clinic only)	≥30 or ≥27.5**	
NAFLD (confirmed diagnosis)	≥30 or ≥27.5**	
NAFLD Fibrosis or cirrhosis (confirmed diagnosis)	≥30 or ≥27.5**	
Psoriasis (confirmed diagnosis)	≥30 or ≥27.5**	
Severe psoriasis (confirmed diagnosis and on TNF therapy))	≥30 or ≥27.5**	
Renal CKD4+ (confirmed diagnosis)	≥30 or ≥27.5**	
Dyslipidaemia (High TG (≥3.0mmol/L)	30 or ≥27.5**	
Hypertension (Blood pressure clinic only)	≥30 or ≥27.5**	
Mobility issues (Significant orthopaedic impact / Severe hip / knee Osteoarthritis)	≥30 or ≥27.5**	
Weight loss required prior to surgery (weight loss advised by consulting surgeon or Adult Exceptional Aesthetic Referral Protocol)	≥30 or ≥27.5**	
No comorbidity	≥40 or >180kg	

Diabetes checklist
(Please complete in full)

	BMI	Yes √
Impaired Fasting Glucose /Impaired Glucose Tolerance / high risk of T2DM (WHO criteria, HbA1c 42-7mmol/mol)	≥25	
T1DM	≥30 or 27.5**	
T2DM (WHO criteria)	≥25 or ≥27.5**	
Date of Diagnosis with Type 2 Diabetes		

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

Additional Information

☐ **South Asian/Chinese/Middle Eastern/Mixed of these ethnicities**

☐ **Patient has mobility issues or requires wheelchair access**

☐ **Patient has visual impairment**

☐ **Patient has hearing impairment / requires BSL interpreter**

☐ **Patient has learning disability / is able to make own food and activity choices, but may require support**

☐ **Patient literacy issues / needs support to understand forms, letters, or medicine labels**

☐ **Patient requires specialist diet for medical condition (excluding coeliac)**

☐ **Previous Bariatric surgery-procedure type-further details**

.....

.....

☐ **Interpreter required - further details:**

.....

Contact Details
Referral forms can be posted, faxed or e-mailed using the details below:
Address: Weight Management Health Records, Gartnavel General Hospital, 1053 Great Western Road, Glasgow, G12 0YN
Email: WeightManagement.HealthRecords@ggc.scot.nhs.uk
Tel: 0141 211 3379

Version: 28 September 17
Next review due : March 18

Referral Guidance for the Greater Glasgow and Clyde Weight Management Service

- 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 ≥40or who weigh ≥180kg 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 for those with type 2 diabetes or at risk of developing type 2 diabetes.
- Referrers have continued responsibility to monitor conditions such as T1/T2DM.
- 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

Community Weight Management (in partnership with Weight Watchers)

- Patients will be given twelve weeks full free membership to Weight Watchers
- Patients will follow a programme combining healthy eating, physical activity and behaviour change techniques
- Patients who successfully attend and lose 5kg will be considered for a further twelve week block.

Specialist Glasgow and Clyde Weight Management Service

- Following an initial assessment, individuals will participate in a lifestyle intervention programme delivered in a 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
- Specialised liquid diets, medication and surgery will be considered as appropriate
- Additional input from specialist physiotherapy and clinical psychology with 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