

Glasgow and Clyde Weight Management Services – Open for Referrals/ Updated Referral Criteria

As a consequence of the restrictions placed upon our patients due to Covid 19 it may feel even more challenging than normal to promote weight loss. The GCWMS is open to referrals and can support your patients on their weight loss journey.

What is currently provided?

Patients referred to GCWMS are triaged to either the Community or Specialist Weight Management Service depending on their BMI and co-morbidities.

Currently the **Community Weight Management Service** offer a free 16 week digital membership to WW (Weight Watchers reimagined), providing access to a timetable of virtual workshops delivered by WW coaches and a range of tools and support through the WW smartphone app.

The **Specialist Weight Management Service** programme is delivered primarily as a group intervention which has been paused due to COVID 19 restrictions. The structure and content of the group programme has been refreshed and delivery via Microsoft Teams is being piloted. Further communication will be made when this is fully operational. In the meantime, patients triaged to the Specialist Service are provided with the board's self-management resource and signposted to online resources to support emotional wellbeing and physical activity.

For more information on the services visit www.nhsggc.org.uk/weightmanagement

Who can be referred?

GCWMS supports patients with a BMI >25 and with a range of co-morbidities; patients with a BMI > 40 can be referred with no co-morbidities. Full referral criteria and guidance can be found [here](#).

Gestational Diabetes

We're delighted to have recently added 'previous Gestational Diabetes (GDM) diagnosis' to our referral criteria. We are in the process of developing a pathway whereby women diagnosed with GDM and with a BMI >25 will be automatically contacted and offered weight management support around 6 months post-partum, however we would welcome referrals from women who have had GDM in the past.

Self Management

Patients who are keen to lose weight but don't meet the service criteria can be provided with our self-management resource – Eat Well, Look Good, Feel Great, Lose Weight, which is available as a [pdf](#) or you can order physical copies via [PHRD](#). Patients can also be signpost to NHS Inform's [online 12 week weight management programme](#). If they're interested in getting more active, they could be referred to the board's physical activity referral scheme, Live Active. Find out more about this service [here](#).

Looking for more information?

If you are interested in some more information on how our services have been impacted by, and are recovering from, the Covid-19 pandemic, as well an update on some planned developments, please find a short infographic report [here](#).

We can also advise that all GP practices will soon receive a delivery of our updated service leaflets and business cards.

If you have any questions, feel free to get in touch at weightmanagement.healthrecords@ggc.scot.nhs.uk