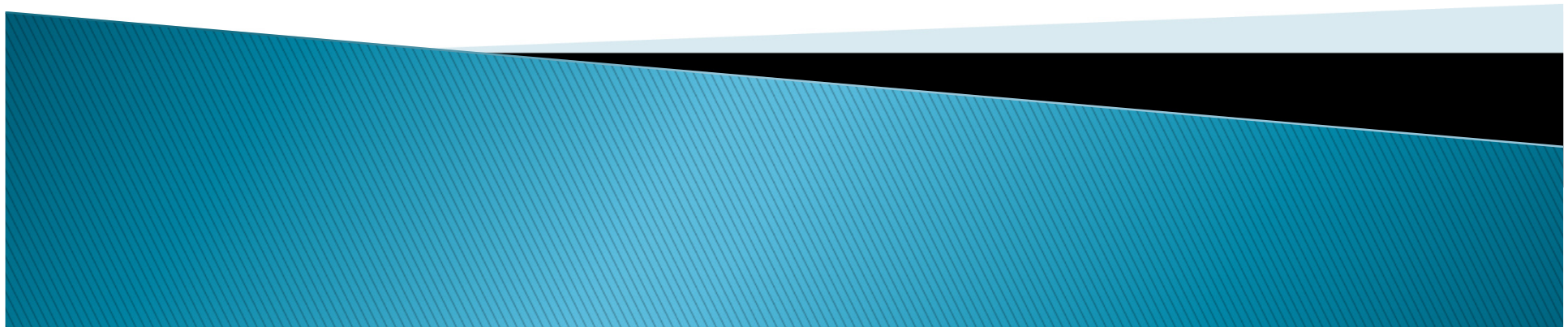


# Evolution of the Torbay and South Devon Level 3 weight management service

Using community venues and self referral

Dr Amanda Stride  
26<sup>th</sup> February 2018



# History of our service

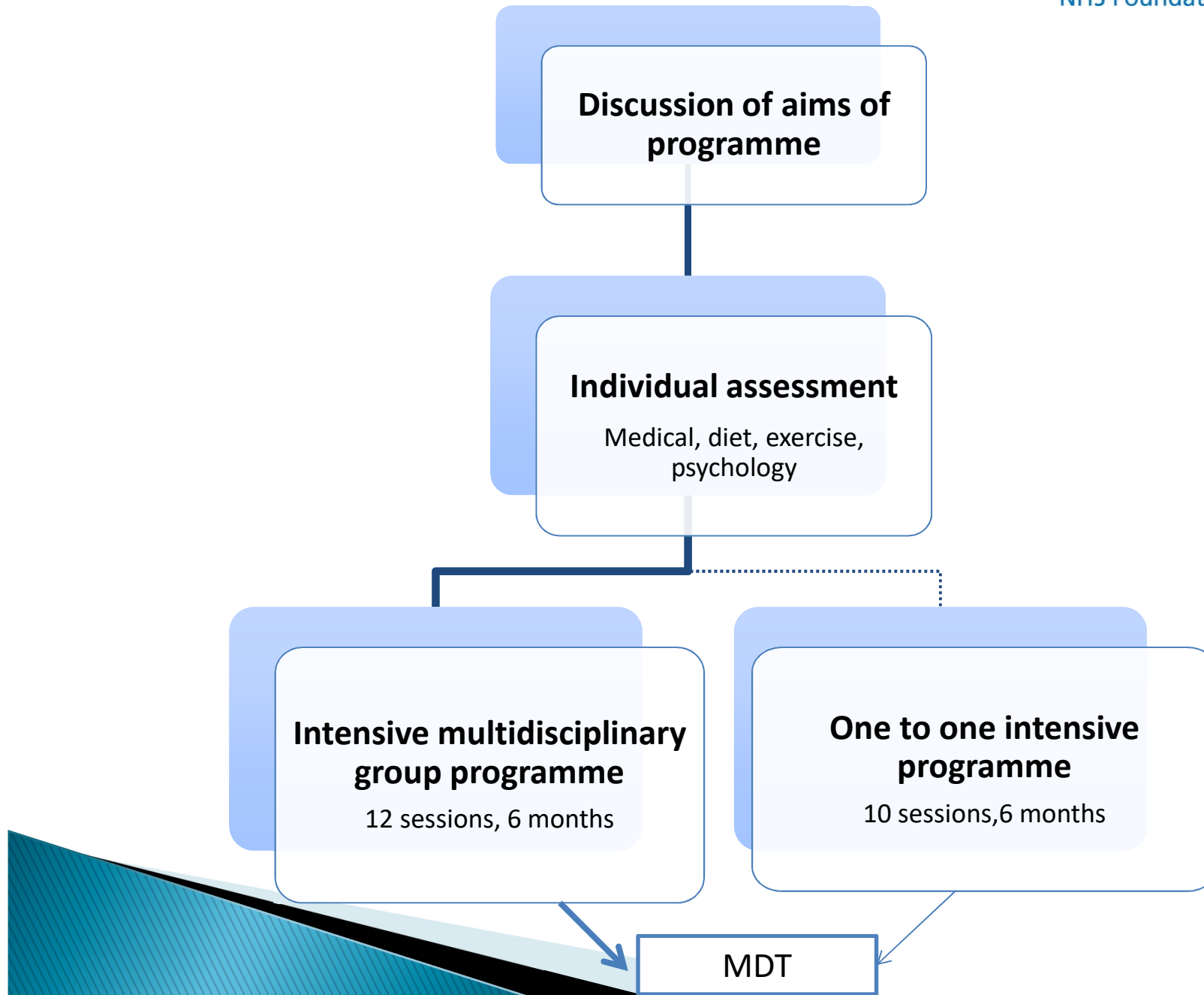
- ▶ Commenced April 2012
- ▶ Prior to this referrals via endocrinology
- ▶ Seen primarily by one consultant
- ▶ Most review and referral by lead dietician
- ▶ Increasing numbers 'stuck' in follow up
- ▶ No structured programme
- ▶ Increasing numbers of referrals
- ▶ Further referrals refused until adequate service in place
- ▶ Excellent engagement and support from CCG to develop a group based programme.



# Aims of service

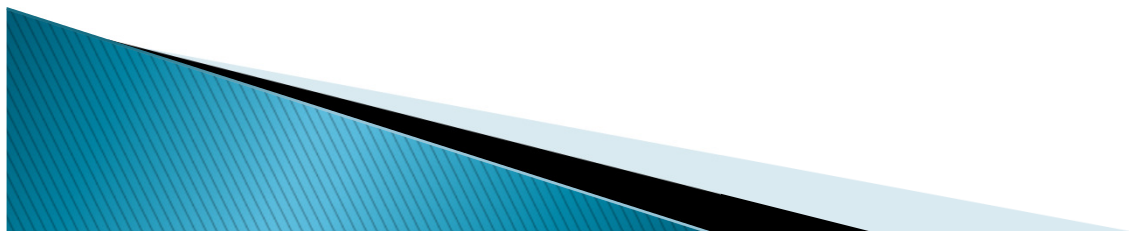
- ▶ Primarily Weight management programme
- ▶ Referral route to bariatric surgery
- ▶ Follow up of patients post surgery





# Evolution of service

- ▶ Feedback at end of each group reviewed by delivery team
- ▶ Changes to content based on this
- ▶ 3 major changes since service began
  - Change of venues used
  - Self referral
  - Significant content change



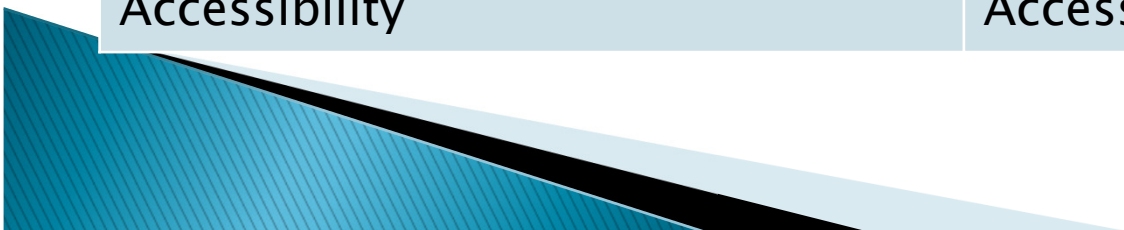


# Community venues



# Community venues Team and patient feedback

Positive	Negative
Relaxed, non-clinical environment	Other venue users – disruption, stigma and damage to equipment
Increased choice of locations – closer to home	Temperature
Large rooms for activity	Cost
Ongoing use of community venue post group	Availability
	IG issues
	Travel time – team and equipment
	No clinical support in emergency
Free parking	Limited parking
Accessibility	Accessibility



# Biggest issues



**Maintenance**



# Referral numbers and outcomes

	2012/2013	2013/2014	2014/2015	2015/2016
Number of referrals	253	290	343	348
> 5% weight loss	13.6%	27.3%	25.4%	27.3%
0 to 4.9% weight loss	68.2%	39.8%	45.6%	39.7%
Mod/high level of activity	100%	85%	72%	73%
Improved HAD score	62%	61%	54%	65%
Anx/Dep	62%	77%	57%	81%
Improved self-esteem score	59%	60%	48%	65%

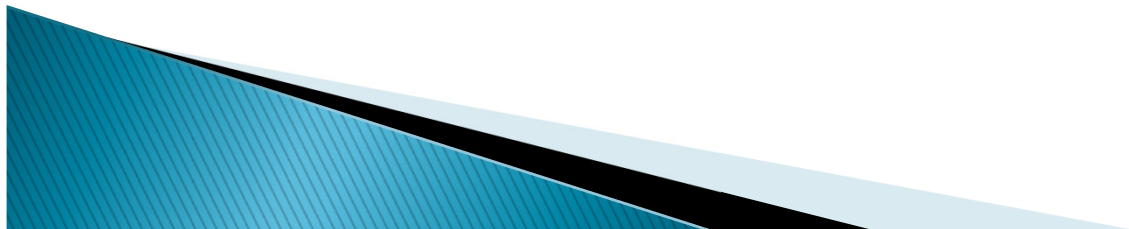
# Self referral

- ▶ Number of referrals static
- ▶ GP surgery visits
- ▶ Education of colleagues in secondary care
- ▶ CCG – would we give self-referral a go?
  
- ▶ Website
- ▶ <https://www.torbayandsouthdevon.nhs.uk/services/nutrition-dietetics/specialist-weight-management/>
  
- ▶ GP waiting room screens



# Concerns before it started

- ▶ How would we verify patients were eligible?
  - BMI
- ▶ How would we get the medical information?
- ▶ How many referrals would we get?
  - Effort and then none
  - Too many, admin flooded with calls
  - Audit of self-referrals from 'live date'.



# Results to date

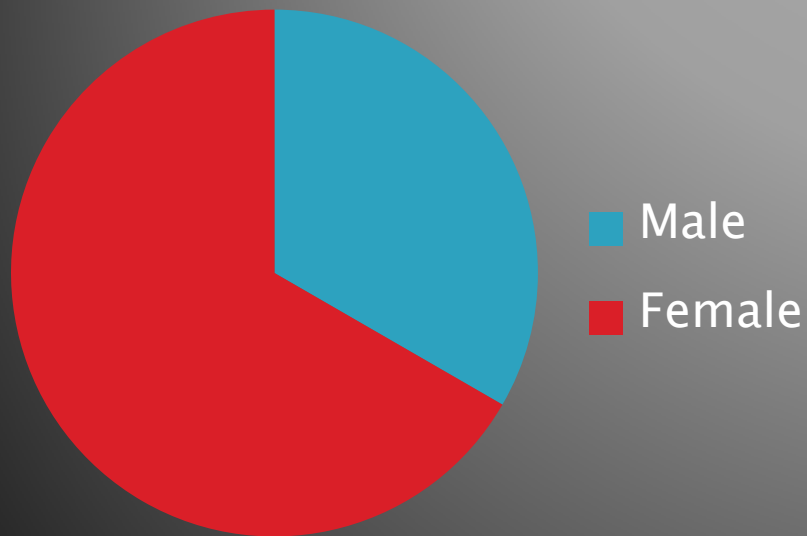
- ▶ 48 self referrals
- ▶ 2 (4.2%) inappropriate
  - BMI too low
  - One told to self-refer by GP
  - Redirected to Level 2 services
- ▶ 6 have completed groups
- ▶ Others at various stages in process



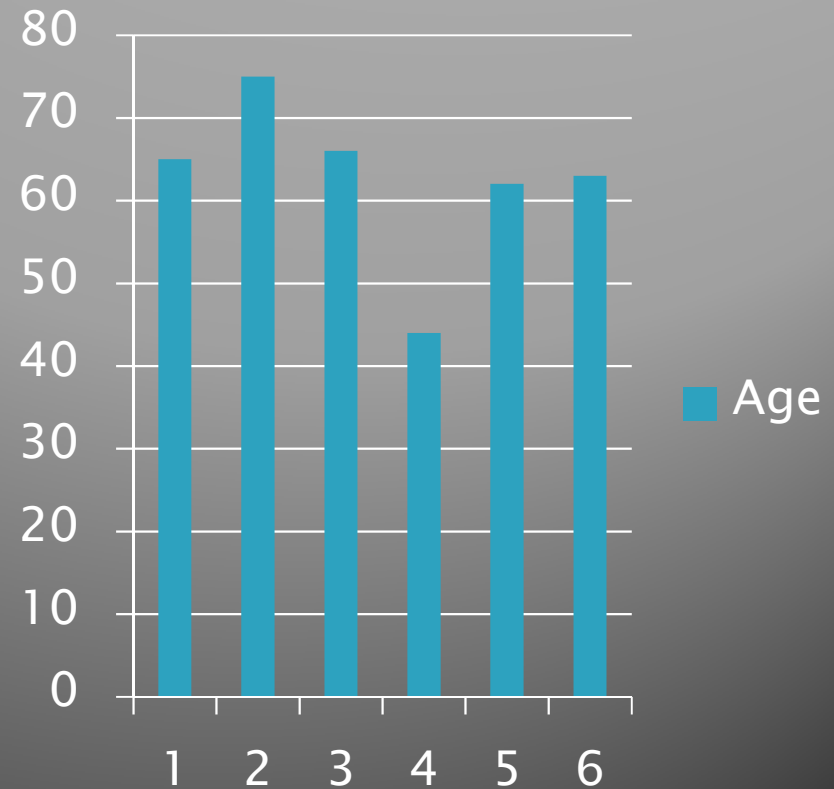


# Patient characteristics

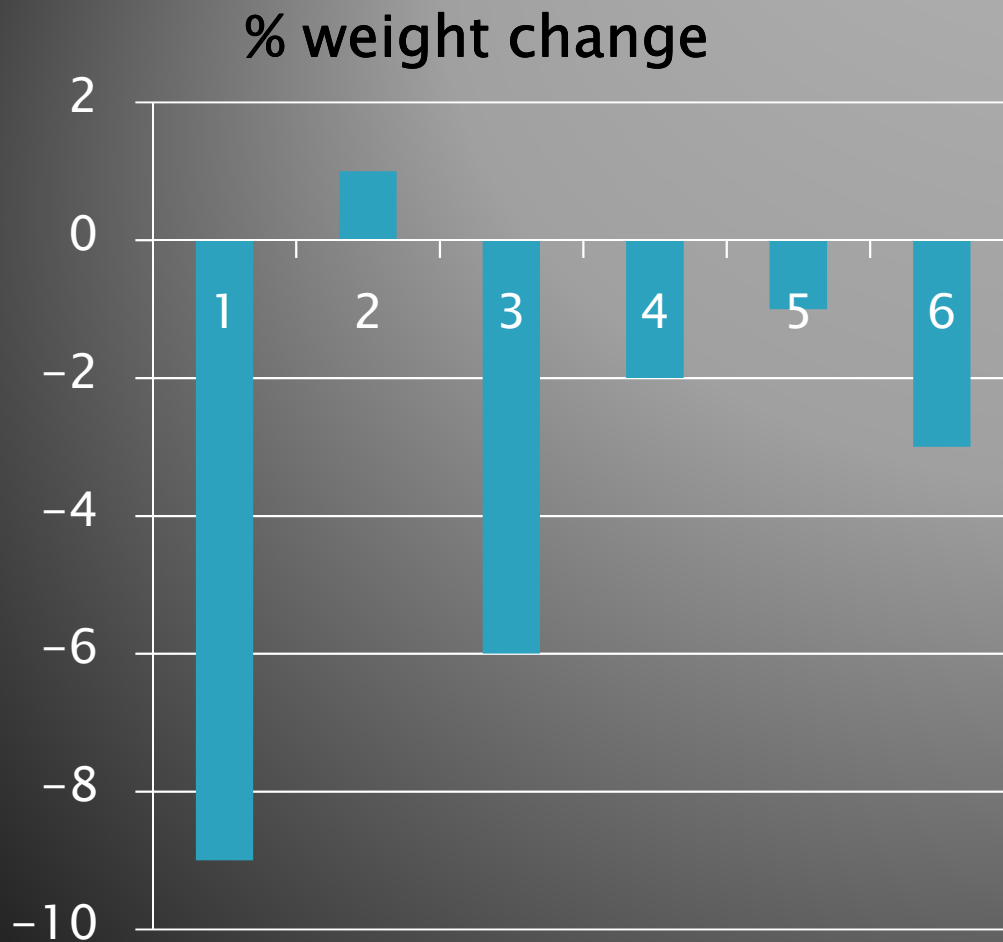
## Gender



## Age



# Outcomes

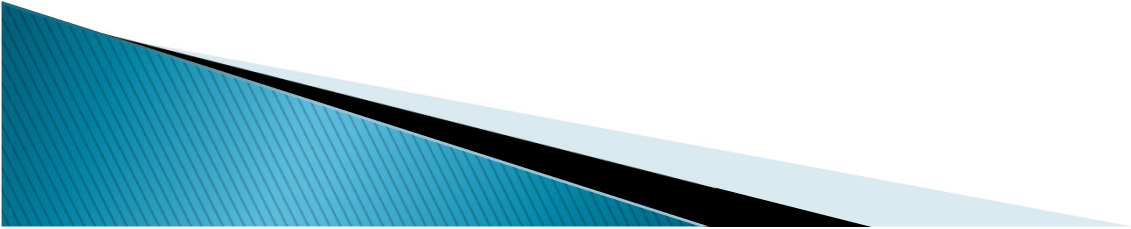


Median 2.5%  
Range +1 to -9%  
2/6 lost >5%

# Outcomes 2

Patient	Comments
1	Pleased with weight loss Patient not interested in bariatric surgery
2	Oldest patient Stable weight
3	Significant weight loss prior to and during programme Some difficulties attending due to work
4	BMI 62, age 44 Modest weight loss To be seen in consultant clinic to discuss referral to bariatric surgery
5 and 6	Husband and wife Modest weight loss Increased mobility Ongoing support Level 2

# Observations

- ▶ No drop outs
  - ▶ Will compare against other referral routes when larger numbers have completed groups
  - ▶ Now asking how they came to self-refer
  
  - ▶ Steady number of self referrals
  - ▶ GP surgery asked to provide medical summary once self-referred
    - Quick and easy
    - BMI verification
- 



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# BED / Emotional eating

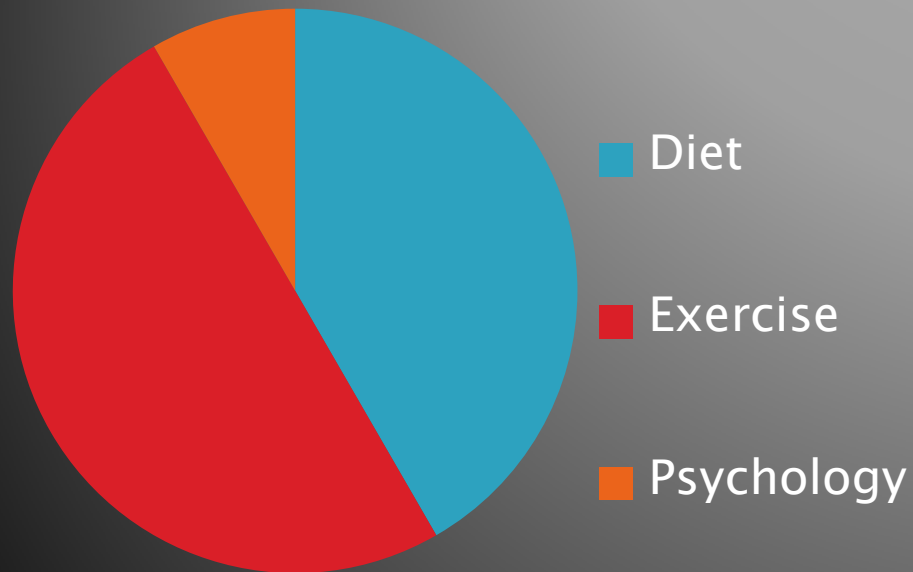
- ▶ Outcome static with feeling in team that those with BED and EE where not doing as well
- ▶ Review of 2013 – 2014 outcomes
- ▶ Mean weight change in BED and EM

	Yes	No
Binge eating	+1.49% (n=11, 6%)	-2.75% (n=176, 94%)
Food to regulate emotions	-1.58% (n=103, 55%)	-4.09% (n=84, 45%)

- ▶ Increased links with DAS
  - ▶ Major change from May 2017 driven by outcomes and feedback
- 

# Restructuring of programme

Old programme

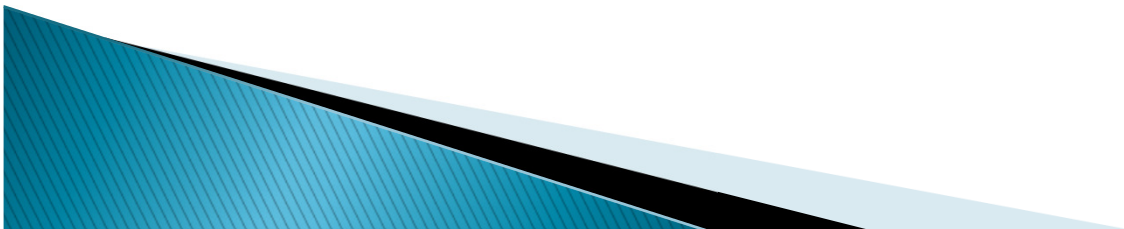


New programme



# What next?

- ▶ Continue to search for other venues
- ▶ Ongoing audit of self-referral
  - Against other referral routes
- ▶ Group by group evaluation of programme
- ▶ Early indication outcomes have improved





# Thank you ...

- ▶ ... to an amazing team who are willing to constantly review and challenge the service and give things a go.
- ▶ Any questions?

