

NHS Foundation Trust

South West ASO Group 1st meeting

Monday 26th February 2018

Postgraduate Centre, Musgrove Park Hospital Taunton

Programme

09.00 Registration & Tea/Coffee

09.30 Welcome & Introduction

Isy Douek, Beth Greenslade, Rhodri King, Vanessa Snowdon-Carr

09.40 A patient perspective of the weight management journey

Maggie Clinton, Service User and Obesity Empowerment Network

10.00 Weight management services: Models, recommendations and practice

Dr Carly Hughes, GP, Lead of Specialist Weight Management Service

10.40 Weight management service evaluation: Hearing from the patient

Bronwen Royall, Trainee Clinical Psychologist, University of Exeter

11.00 Coffee – take your coffee with you

11.10 Breakout group discussions

Identifying and developing ways to improve pathways

11.40 Groups feedback & summary

12.00 Case discussions & problem solving: teams across the region

Learning difficulties and surgery

Dr Emma Kewin, Counselling Psychologist, North Bristol

Complex medical comorbidities

Professor Jon Pinkney, Professor of Medicine, Honorary Consultant Physician
Diabetes and Endocrinology, Plymouth Hospitals NHS Trust

Chronic mental health issues and engagement

Dr Lisa Mclelland, Consultant Psychiatrist EMOS

13.00 Lunch

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13.45 Group work

What do we want from our ASO regional network?

- Style of meetings
- Consensus
- Data collection
- Research
- Network

14.15 Feedback

Novel ways of working

14.30 Integrating physiotherapy into a weight management services

Chris Baker, Senior physiotherapist NDDH

14.45 Evolution of the South Devon Level 3 service: Using community venues and self-referral

Dr Amanda Stride, Consultant Physician in Diabetes, Endocrinology and Obesity
Torbay and South Devon NHS Foundation Trust

15.00 A psychology led weight management service

Dr Gail Bohin, Consultant Clinical Psychologist Gloucester

15.15 Tea

15.30 Integrating psychology and dietetics: Outcomes and experience of the Understanding Eating Habits group

Amy Bull, Specialist Dietitian

15.45 Group based interventions

Sarah Hinds, Practitioner lead Weight Management Service, Plymouth Livewell

16.00 Development of a national obesity database

Rob Andrews, Associate Professor in Diabetes and Endocrinology, University of Exeter and Musgrove Park Hospital

16.15 Feedback, Summary and Evaluation

16.30 Close