

NORTH BRISTOL CENTRE FOR WEIGHT LOSS, METABOLIC AND BARIATRIC SURGERY

Information for GPs November 2014:

We are a tertiary referral centre providing state-of-the-art care for patients with morbid obesity. We provide Tier 3 and 4 weight management programmes including a full range of Bariatric surgical procedures and follow up. The service has recently been redesigned in light of new NICE recommendations and personnel changes

1. What We Provide:

- **Tier 3 clinics.** This includes non-surgical weight management outpatient assessment and treatment for anyone who meets the criteria set out by the current NICE guidelines (CG 189). This includes full medical assessment by an Endocrinologist as well as Dietetic and Psychological assessments in a one stop clinic.

We provide a structured Tier 3 service for patients in BNSSG and Wiltshire. Should you wish to refer into this service please contact Sue Trevascus or Karen Webley on 0117 4146422/21 for further details.

We also have links with Tier 3 service at RUH, Bath and are developing our links with Target Community Weight management service in Wiltshire. Overall we expect to receive over 500 referrals per year.

After initial assessment the patients will be offered a range of interventions in an attempt to allow them to lose weight and improve their comorbidities. These include individual or group based sessions, CBT and medical input to diagnose and treat conditions such as Type 2 Diabetes, Obstructive Sleep Apnoea, Dyslipidaemia, Hypertension, Depression, Joint problems and mobility issues and Peripheral oedema. The psychology sessions diagnose and assess conditions such as binge eating disorder, drug and alcohol misuse and underlying undiagnosed psychological issues.

This process will take up to 12 months. At the end of this a management plan is devised and will lead either to referral to our Tier 4 (surgical) service, referral back to primary care or Tier 2 or suggestion on referral to other services. We have good outcome data showing positive effects on quality of life and weight loss as well as comorbidity improvement and wellbeing from this integrated approach.

- **Tier 4.** This is a full bariatric surgical service. All patients will have undergone Tier 3 programme, achieved a 5% weight loss target and be considered appropriate for surgery. The pre-operative workup includes a surgical assessment by a bariatric surgeon and practitioner. The pros and cons of the operations are discussed including an individualised risk profile. The patient will then be discussed at a regular MDT consisting of all members of the team. If considered appropriate the patient will be listed for surgery at that stage We offer all types of bariatric procedures including laparoscopic gastric bypass, sleeve gastrectomy and gastric banding as well as revision operations and intra-gastric balloon placement. We contribute to the National Bariatric Surgical Registry (NBSR) and individual

surgical outcomes data that is freely available. Following surgery we provide a comprehensive follow up for the first 2 years. This includes regular appointments with the surgeon, practitioner and dietician. We regularly check the blood tests and make sure that the patient is taking the correct supplementation. At the end of 2 years the patient will be discharged back to primary care with a full summary of the treatment that they have had and the protocol for lifelong follow up.

The patient can be referred back into the service for continued follow up if necessary but will require additional funding. All patients with an acute or emergency presentation can be seen at any time at NBT via the usual channels. We will publish our management pathways and Annual Report including outcome data on the Trust website at the end of each financial year

2. How to refer

- We accept referrals from Primary care via letter detailing BMI and co morbidities. This should be sent to:

Pauline Clifford, Obesity Services Coordinator
Office 2, Gate 38, Level 3, Brunel building
Southmead Hospital, Westbury-on-Trym, Bristol. BS10 5NB
Telephone: 0117 414 0855, Fax: 0117 414 9421

Referrals will be looked at and – patients will be offered an appointment to see a Bariatric Consultant Surgeon should they meet the criteria.

(NICE Clinical Guideline 189, Nov 2014)

Bariatric Surgery is a treatment option for people with obesity if all of the following criteria are fulfilled

1. Any person with BMI >40 kg/m² or person with BMI 35-40 kg/m² who has other significant disease that could be improved if they lost weight (e.g. type 2 diabetes, hypertension, dyslipidaemia, obstructive sleep apnoea, Benign Intracranial Hypertension etc.)
2. All appropriate non-surgical measures have been tried but the person has not achieved or maintained adequate, clinically beneficial weight loss
3. The person has been receiving or will receive intensive management in a Tier 3 service
4. The person is generally fit for anaesthesia and surgery
5. The person commits to the need for long term follow up
6. Bariatric surgery is the option of choice (instead of lifestyle interventions or drug treatment) for adults with a BMI of > 50 kg/m² when other interventions have not been effective
7. Patients with a BMI >35 kg/m² who have recent-onset type 2 diabetes should be offered an expedited assessment for bariatric surgery as long as they are also receiving or will receive assessment in a Tier 3 service
8. Consider an assessment for bariatric surgery for people with BMI 30-35 kg/m² who have recent onset type 2 diabetes as long as they are also receiving or will receive assessment in a

Tier 3 service

9. Consider an assessment for bariatric surgery for people of Asian family origin who have recent onset type 2 diabetes at a lower BMI than other populations as long as they are also receiving or will receive assessment in a Tier 3 service