

# Tier 3 Weight Management Programme - Non-surgery option

- BMI = 40+: has attended, fully engaged and completed Tier 2 without losing 5% whilst being compliant
- BMI  $\geq 35$  with the presence of other significant diseases
- Referred for surgical intervention but does not want this
- Not yet engaged with weight management services, does not wish to undergo bariatric surgery and needs non-surgical therapies and has BMI  $>40$  or BMI  $>35$  with at least 3 co-morbidities
- Those who have previously been on Tier 3 but have not begun 12 week intensive treatment

Patient contacted by telephone for motivational interview to assess readiness for change within 2 weeks

Not ready: refer back to Tier 2 Services or to GP. Patient may be referred back into the service in 6 months if there are significant changes

Ready: refer to MDT for full assessment and formulation of Individual Care Plan

**Assessment with MDT** (Bariatric physician, CBT, dietician, nurse, exercise specialist with access to clinical support to address complex issues)

Tier 3 weight reduction service:

- Psychological assessment; Dietetic assessment; Mobility and exercise tolerance evaluation
- Assess presence and severity of co-morbidities exclusion of underlying disease
- Stratify /risk score (OS-MRS Obesity Surgery Mortality Risk Score)

**Individual Care Plan Formulated and patient assigned a designated person**

Assessed suitable for group treatment

## 12 Week Intensive Programme

Medical Management; Psychological Management; Dietetic Management; Exercise and Activity Management

Assessed suitable for initial 1:1 treatment

## 12 Week Intensive Programme

Medical Management; Psychological Management; Dietetic Management; Exercise and Activity Management

Discharge if not engaging – refer back to Tier 2 services. Patient may not be referred back into tier 3 service within 1 year from this point onwards

Review at 3 months

If compliant, continue with weight maintenance programme and review quarterly. If not compliant discharge back to GP with report

Review at 6 and 9 months

At 9 months commence 12-week discharge if ready then discharge at 12 months. If not ready for discharge planning, continue on weight maintenance programme and re-assess at next review. Send report to GP

Review at 12 and 15 months

Commence 12-week discharge planning if ready, then discharge as appropriate. If not ready for discharge planning assess at next review. Send report to GP

Review at 18 months (send report to GP)

Commence discharge planning and discharge at 21 months or 24 months maximum as appropriate.

Provider to start a support group for on-going weight maintenance; to signpost patients to other support groups facilitated by different organisations and charities.

## Discharged back to GP

- With shared care plan and guidance to maintain weight loss; information on well-being services and patient support group.
- **Patient cannot be referred back into Tier 3 within 2 years after completing Tier 3**

# Tier 3 Weight Management Programme - Surgery Preparation pathway

- Referred for surgical intervention and has engaged with Tier 2 for at least 6 months
- BMI of 40+ or BMI >35 with the presence of other significant diseases

Patient contacted by telephone for motivational interview to assess readiness for change within 2 weeks

Not ready: refer back to GP (not eligible for Tier 2 re-referral for 6 months). Patient may be referred back into the service in 6 months if there are significant changes

Ready: refer to MDT for full assessment and formulation of Individual Care Plan

**Assessment with MDT** (Bariatric physician, CBT, dietician, nurse, exercise specialist with access to clinical support to address complex issues)

Tier 3 weight reduction service:

- Psychological assessment; Dietetic assessment; Mobility and exercise tolerance evaluation
- Assess presence and severity of co-morbidities exclusion of underlying disease
- Stratify /risk score (OS-MRS Obesity Surgery Mortality Risk Score?)

**Individual Care Plan Formulated and patient assigned a designated person**

Assessed suitable for group treatment

**12 Week Intensive Programme**  
Medical Management; Psychological Management; Dietetic Management; Exercise and Activity Management

Assessed suitable for 1:1 treatment

**12 Week Intensive Programme**  
Medical Management; Psychological Management; Dietetic Management; Exercise and Activity Management

Discharge if not engaging  
Patient may not be referred back into the service within 1 year from this point onwards

**Review at 3 months**

Weight maintenance and preparation for surgery up to 6 months with quarterly reviews until ready for Tier 4. Report to GP.

**Bariatric surgery eligibility criteria**

BMI >50 and min 6 months Tier 3

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BMI >40 and completed Tier 3 for minimum 12 months

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Morbid/severe obesity (BMI >40 for >5 years)

**Review at 9 months**

If surgery criteria met, discharge to Tier 4. If does not meet bariatric surgery criteria and still wishes to undergo surgical intervention continue on programme. Report to GP.

**Patient no longer wants surgery**

Follow Tier 3 non-surgical pathway from the same month point and discharge

Patient meets bariatric surgery criteria and still wishes to undergo surgical intervention

**To Tier 4 for surgery**

**Review at 12 and 15 months**

If surgery criteria not met but patient compliant, continue on weight management programme until ready for surgery to a maximum of 24 months then discharge. Patient **cannot** be referred back to Tier 3 for 2 years whether or not they have had surgery. Report to GP

Provider to start a support group for on-going weight maintenance; to signpost patients to other support groups facilitated by different organisations and charities.

**Patient may NOT be referred back into to Tier 3 within 5 years once completing Tier 3 unless they have undergone surgery and are being referred back to the service 2 years post- surgery from Tier 4.**

# Tier 3 Weight Management – MSK Pathway

Patients referred from the MSK primary hip and knee replacement surgical threshold for a 6 month programme to achieve a 10% BMI reduction

- Referral by GP
- BMI over 35

Patient contacted by telephone for motivational interview to assess readiness for change within 2 weeks

Not ready: send report back to referring GP.

Ready: refer to MDT for full assessment and formulation of Individual Care Plan

**Assessment with MDT** (Bariatric physician, CBT, dietician, nurse, exercise specialist with access to clinical support to address complex issues)

Tier 3 weight reduction service: Psychological assessment; Dietetic assessment; Mobility and exercise tolerance evaluation

- Assess presence and severity of co-morbidities exclusion of underlying disease
- Stratify /risk score (OS-MRS Obesity Surgery Mortality Risk Score)

**Individual Care Plan Formulated and patient assigned a designated person**

Assessed suitable for group treatment

**12 Week Intensive Programme**  
Medical Management; Psychological Management; Dietetic Management; Exercise and Activity Management

Assessed suitable for initial 1:1 treatment

**12 Week Intensive Programme**  
Medical Management; Psychological Management; Dietetic Management; Exercise and Activity Management

Discharge if not engaging – refer back to GP.

Review at 3 months

If compliant, continue with weight management programme. If not compliant discharge back to GP with report

## At 6 months discharged back to GP

- Discharge report to detail weight loss achieved, confirm patient compliance with programme and give shared care plan / guidance to maintain weight loss and information on well-being services and patient support group.

On completion of the 6 month MSK pathway - patients are able to transfer onto the non-surgical pathway at the 6 month step of the pathway, and complete the remainder of the service pathway.

Where a patient has completed the MSK pathway and at a later date is referred back to tier 3 weight management services, they would start the process at the 6 month point in the pathway and complete the remainder of the pathway.