

## FAO GP PRACTICES – Weight Loss/Bariatric Surgery Services

In order to provide weight loss support services more widely and to move toward a more integrated service, Sheffield City Council and Sheffield CCG are updating these services in Sheffield. To facilitate these changes, current contracts have been given notice for the end of the 2018-19 financial year. An updated service specification is currently out to tender.

Please note there is no action or change in practice required from you, related to these changes. This letter, and the accompanying pack, is for your information only and provides an over view of upcoming changes, including information on how referrals and services will be managed during the transition.

### Sheffield Weight Management Services

The Sheffield Food and Wellbeing Strategy aims to increase the proportion of people eating a well-balanced diet, reduce the prevalence of conditions related to poor diet including obesity, and for the greatest improvements to be made in the poorest parts of the city.

A key aim of this strategy is the continued provision of a citywide Weight Management programme that meets the needs of the Sheffield population. Weight management programmes contribute to a reduction in inequalities in dietary intake and physical inactivity; overweight and obesity prevalence; and tooth decay amongst children and young people in Sheffield.

Updates are planned for the service, which will take effect in April 2019. These updates will ensure weight loss support is available for all Sheffield residents who need and would like it, and that services prioritise action in deprived areas of the city and amongst groups where overweight and obesity are more prevalent.

Main features of the updated weight management programmes are as follows:

- There will continue to be a single point of referral into all Sheffield weight management programmes. As is currently the case, all decisions regarding eligibility criteria and determination of which programmes are right for the patient will be made by the service provider. This will include patients referred for bariatric surgery.
- No substantive changes are being made to the service specification of the Children & Families weight management programme. The service will continue to be provided in a similar format, with detail dependent on the new provider.
- For patients age 18+ with higher BMI (25+) who do not meet additional eligibility criteria (i.e., those with no presence of one or more co-morbidity, in low-risk ethnicity groups, who live in postcode not in area of highest deprivation), a universal weight loss offer will be available. This support will be through an on-line service without fee for an unlimited number of people in Sheffield who are interested in losing weight. Patients will also be sign-posted to a variety of self-funded weight loss group support services (e.g., Weight Watchers, Slimming World), if they are interested in a face-to-face service.
- For patients with higher BMI (25+) who do meet additional eligibility criteria (e.g., presence of one or more co-morbidity, ethnicity group, postcode in area of highest deprivation), Adult Priority One (AP1) services will be offered. AP1 offers a face-to-face service that provides information and group discussion and support about

eating, activity and weight loss. The service will be provided in a similar format to the current Tier 2/Your Shape programme, with detail dependent on the new provider.

- For patients with higher BMI (25+) who have been referred and are eligible for bariatric surgery, Adult Priority Two (AP2) services will be offered. Within AP2, an initial one-to-one consultation meeting is followed by three months of participation in face-to-face group meetings and tracked weight loss. Further on-going support and tracked weight loss will then be provided for an additional three to nine months. Dietetic and psychology support will be available to these individuals on an as-needed basis during this time. Patients who meet weight loss and participation criteria and who remain interested in and committed to bariatric surgery will then have an informational group meeting before being referred to the bariatric team.

Additional detail is provided in the accompanying pack, including specific eligibility criteria.

### Transition arrangements

Contracts with current providers will end on 31 March 2019, and new providers will start on 01 April 2019. This transition requires some temporary arrangements in order to minimise any lapse in referrals or support services, and to ensure appropriate transfer of patient care and information, including consent.

Children and family weight management service – this is currently a 12-week service and therefore some transition arrangements are required for children and young people referred between 01 January and 31 March 2019. Referrals can still be made in the normal way and transition arrangements will be managed by the existing service provider

- Children and young people referred and who can start attending during January 2019 can participate in the children and families weight management service without change in provider.
- Children and young people referred after January 2019 will be asked to wait to start services until 01 April 2019 in order to begin support services with the new provider.

At the time of transition, the existing service provider will ensure all individuals consent to transfer of information if necessary.

- Universal weight loss offer – No action is needed during the transition. This is a new service and will start in April 2019.
- Tier 2/ 'Your Shape' service – This is currently a 12-week service and therefore some transition arrangements are required for patients referred between 01 January and 31 March 2019. Referrals can still be made in the normal way and transition arrangements will be managed by the existing service provider.
  - Patients referred and who can start attending before 31 December 2018 will see no changes and can participate in the Tier 2/Your Shape service for 12 weeks without change in provider.
  - Patients referred and who can start attending between 01 January and 28 February 2019 will be offered to start with the current Tier 2/Your Shape support group programme, with the understanding that services will change on 01 April 2019. Patients will be able to enrol with the new AP1

service from 1<sup>st</sup> April provided they give consent for transfer of information between service providers.

- Patients referred and who can start attending on or after 01 March 2019 will be asked to wait to start services until 01 April 2019 in order to begin support services with the new provider.
- Eligibility criteria changes between the current Tier 2/Your Shape service and Adult Priority One (AP1) will be waived for any patient who is referred to Tier 2 prior to the change in service on 01 April.
- Tier 3/‘Fresh Start’ service – This service is currently offered to patients with a BMI>40 OR a BMI >35 with associated co-morbidities, both for those referred to and interested in bariatric surgery and those who are not. This service will continue through to the middle of March 2019, and referrals will be managed as follows:
  - Non-surgical route Tier 3 patients – i.e., individuals who are not referred for or not interested in bariatric surgery.
    - Those who are referred and who can attend on or prior to 02 November will be able to attend the Tier 3/Fresh Start service for a full 12 weeks. No change will be made in these cases.
    - For those who are referred or who cannot attend until after 02 November, they will be able to join the Tier 2/Your Shape support groups or given the option to delay their referral and start with the new AP1 support services in April.
  - Surgical route Tier 3 patients – i.e., patients who are referred for and who are interested in and committed to having bariatric surgery.
    - Those who are referred and who can attend on or prior to 02 November will be able to have their one-to-one assessment, and to attend the Tier 3/Fresh Start service for a full 12 weeks. In these cases, weight loss and participation will count towards the patient’s eligibility criteria for bariatric surgery. These patients will finish their pathway with the new service provider under the AP2 services. This cohort will not experience any significant delay to bariatric surgery.
    - Individuals who are referred after 02 November or who cannot attend a first session before 02 November will be able to join in with the Tier 2/Your Shape support sessions, in order to receive immediate weight loss support. However, weight loss and participation progress made within the Tier 2/Your Shape programme will not be counted towards eligibility requirements for bariatric surgery. Patients will be able to pick up the AP2 services starting in April 2019 to start down the surgical pathway.
    - Note this transition plan has potential to lead to a maximum five-month delay in referrals for bariatric surgery for any patient who is referred and can first attend on or after the 2<sup>nd</sup> November. It is

estimated from last year's data that a minimum of 18 and maximum of 75 patients may be affected by this delay.

### **Weight management service aim and overview**

The Sheffield Food and Wellbeing Strategy aims to increase the proportion of people eating a well-balanced diet, reduce the prevalence of conditions related to poor diet including obesity, and for the greatest improvements to be made in the poorest parts of the city.

A key aim of this strategy is the continued provision of a citywide Weight Management programme that meets the needs of the Sheffield population. Weight management programmes contribute to a reduction in inequalities in dietary intake and physical inactivity; overweight and obesity prevalence; and tooth decay amongst children and young people in Sheffield. The service will continue to prioritise action in deprived areas of the city and amongst groups where overweight and obesity are more prevalent.

Sheffield's Weight Management Programme will continue to provide the following areas of service:

- Weight Management Single Point of Access
- Family weight management programme
- Adult universal weight management programme
- Adult priority weight management programme (AP1 + AP2)
- Weight management brief intervention training

Changes to each area of service compared with existing services are outlined below.

#### **Family weight management programme**

The current 'Children and Families' service will be renamed as the 'Family Weight Management Programme.' Otherwise, there are no substantive changes to the service specification for these services; any changes will be minimal and dependent on the new provider.

#### **Universal Weight Loss Offer**

The universal service is the basic offer to anyone who is above a healthy weight in Sheffield but is not eligible for the Priority Weight Management service or does not wish to access face to face support. The Universal Service is designed for groups with lower than average obesity prevalence, with good social capital, reasonable levels of motivation and self-efficacy and who are generally fit and well, other than that their weight.

Adults who are above a healthy weight but do not meet any of the eligibility criteria for priority weight management will receive a brief counselling intervention for weight management as part of their initial consultation. They will then be signposted to one of the following

**Online Weight Management support** - The PoWER online weight management tool will be recommended although providers may put forward alternatives as part of the tender process. POWeR is a Positive Online Weight Reduction programme offering tools and support to build life-long eating and physical activity habits to help with sustained weight loss. POWeR was designed by a team of health experts and is based on the most up to date evidence. The weight management provider will supply clients with information about the programme and a link to registration, no further input is required by the provider from this point. Clients record their own goals and weight loss outcomes through the online programme and this data can be accessed by the commissioner. Online weight management support will be available for use by an unlimited number of Sheffield residents

The online weight management tool will also be available to clients who have completed the face to face priority weight management service and would like ongoing support. There is

no limit to the number of people who can access the resource, so it can be freely and widely promoted.

A self-funded commercial weight management programme – Patients who prefer to access face to face support but are not eligible for the adult priority programme will be signposted to (and would need to self-fund) a commercial weight management programme that meets NICE guidelines as follows:

- helps people assess their weight and decide on a realistic target
- aims for a maximum weekly weight loss of 0.5–1kg
- focuses on long-term lifestyle changes rather than a short-term, quick-fix approach
- is multi-component, addressing both diet and activity, with a variety of approaches
- uses a balanced, healthy-eating approach
- recommends regular physical activity (particularly activities that can be part of daily life, such as brisk walking and gardening) and offering practical, safe advice about being more active
- includes some behaviour change techniques, such as keeping a diary and advice on how to cope with ‘lapses’ and ‘high-risk’ situations
- recommends and/or provides ongoing support.

#### Adult Priority Weight Management Programme

This area of service encompasses what is currently referred to as “Tier 2 and Tier 3” weight management services.

The Adult Priority service is aimed at supporting weight loss in population groups who have higher than average obesity prevalence, who may not be able to self-fund weight loss through a commercial programme, and who would find it hardest to lose weight without more intensive support. Programmes will comply with NICE guidance and will be multi-component including diet, physical activity, and behaviour change.

Provider staff will have access to a psychologist and a dietician for support and advice on individual situations as required.

The Adult Priority Weight Management Programme (Adult Priority) will comprise two pathways: Adult Priority One (AP1) which is the non-surgical pathway, and Adult Priority Two (AP2), which is the surgical pathway.

#### Adult Priority One (AP1)

The primary focus will be on weight loss over the 12-week period of active intervention, with follow up weight loss targets set for and monitored at 6 and 12 months.

This programme will comply with NICE guidance and will be multi-component: active intervention will include support with diet, physical activity, and behaviour change.

In keeping with Make Every Contact Count, a brief intervention related to smoking cessation will be given to all participants who use tobacco products.

Information about binge eating disorder (BED) will also be provided, along with appropriate guidance and signposting for individuals who require further support or treatment for the condition.

It is envisaged that programmes will be predominantly face-to-face in group settings located to ensure easy access for targeted populations. To provide support after the group sessions have ended, on-line support using the chosen local online weight management tool will be used by all APO (and AP2) patients following the face-to-face group sessions.

Other than the changes in eligibility criteria and requirements for efficiencies there are no major changes to the service specification for this service compared with the existing adult tier 2/Your Shape service; any changes will be minimal and dependent on the new provider.

#### Adult Priority Two (AP2)

Upon assignment to AP1, patients with a GP referral for bariatric surgery will have a one-to-one counselling session. This session will:

- allow for initial assessment of the client in terms of individual motivation, knowledge and understanding of surgery
- provide information on the surgery and requirements for final referral to the surgical team
- enable discussion of client's motivations and realistic expectations for life after surgery
- allow for initial assessment of the client's weight history and any underlying medical, dietetic or mental health issues that may require support (through discussion and review of client medical history given on referral)

Motivational interviewing techniques (or similar methods) will be used by appropriately trained provider staff to allow for assessment of potential underlying psychological issues related to mental health or eating behaviour. The provider will liaise with local mental health and eating disorder commissioners and services to develop appropriate messages, signposting/referral pathways and triaging tools. Provider staff will have sufficient training to enable them to respond appropriately to issues relating to mental wellbeing that may arise.

After this session, patients who are still interested in bariatric surgery will be allocated to the AP2 pathway. AP2 patients will join AP1 patients for the 12-week intervention and the 6- and 12-month weight loss follow up period, including all provisions as described above (see: Adult Primary One (AP1)).

At the end of the 12-month follow-up period, AP2 patients who achieve both the weight loss and class attendance requirements, and who remain motivated to have bariatric surgery, will attend a two-hour Bariatric Surgery Class. This class will provide information on the surgical procedure itself, potential risks and benefits, and realistic expectations related to life after surgery. The purpose of this class is to inform patients of the clinical and permanent nature of the surgical process and the long-term post-surgical lifestyle changes that will be required. Patients will leave the class well prepared to learn and absorb further detail about the procedure after they are referred to the surgical team, so they can make a fully informed decision about surgery.

At the end of the 6 or 12 month period (duration dependant on BMI), clients who have met eligibility requirements will be referred to the bariatric surgical team. Current eligibility is as follows:

- Completed 12 group sessions (within maximum 6 months)
- Lost a minimum 6 kilograms of weight
- Maintained or increased this initial weight loss for the 6, 9 and 12 month follow-up periods (9 and 12 month follow ups will not apply to those on the 6 month surgical pathway)
- Attended the AP2 Bariatric Surgery Class (at end of 6 or 12 month follow-up period)
- Strong personal motivation to undergo surgical procedure

- Demonstrated motivation to adhere with post-surgical lifestyle requirements and healthy eating behaviour

At the point of referral, the provider will include the following information to the surgical team:

- Record of patient attendance at one-to-one and group sessions
- Record of patient weight loss at 12 weeks, 6 months and 12 months
- Summary of specific dietetic or mental health needs that may require additional support from the surgical team, including the nature of these needs and method of assessment.

#### Changes from current tier 3/Fresh Start service

- Single set of classes for all Adult Priority pathway patients (AP1 and AP2)
- Reduction to one Bariatric Surgery prep class

#### Eligibility Criteria – Adult Priority One (AP1)

- Adults aged 18+ with no upper age limit
- Motivated and committed to complete a weight loss programme
- BMI greater than 25 kg/m<sup>2</sup>
- Also, with one or more of the following:
  - Severe mental illness (with support from patient's mental health provider)
  - Learning disability
  - Physical disability that limits mobility
  - One or more co-morbidities associated with obesity: Type II Diabetes, Non-alcoholic Fatty Liver Disease (NAFL), Cardiovascular Disease, Hypertension
  - Residence within post-code classified in bottom 20% of Sheffield as per the Index of Multiple Deprivation (IMD)
  - Black African, Black Caribbean or Asian ethnicity
  - Where a decision is made to treat by exception by the Adult Priority One Service, and also agreed with the commissioner. Possible reasons for exception may include: high household deprivation level not reflected in residential postcode, no access to a computer or internet connection, very limited confidence or skill with IT, very limited ability to read written English.

#### Eligibility Criteria – Adult Priority Two (AP2)

- Adults aged 18+ with no upper age limit
- Motivated and committed to complete a weight loss programme
- BMI greater than 25 kg/m<sup>2</sup>
- Meets basic NICE criteria for bariatric surgery:
  - Has a BMI>40 OR a BMI >35 with associated co-morbidities
  - Is generally physically fit
  - Is committed to long-term follow-up required after surgery
- Referral from GP to bariatric pathway

K. Bash  
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