



The Lanarkshire Weight Management Service (LWMS) brings together a range of existing and new programmes to support weight management, healthy eating, physical activity and green health, with interventions from Tier 1 healthy lifestyle support to Tier 4 bariatric surgery referrals. **This flash report is an update into our clinical initiatives.**

### Child & Young Person

#### Getting Our Active Lifestyle Started (GOALS)

In the last year, LWMS recently launched a new weight management service with **126 referrals** received for Children & Young People (CYP) between 4-17 years old. 66% of these referrals were residents from SIMD 1



& 2 areas and 68% of these referrals were for CYP between 8-15 years old. This approach provides one-to-one dietetic and physical activity support across a variety of venues in Lanarkshire.

66% of referrals from SIMD 1 & 2 areas.

### Adults – Tier 3

Tier 3 is specialist group-based programme offering support and guidance on making and sustaining changes to eating and activity behaviours.

#### Healthier Together 1-2-1

- Personal Training sessions continued online during Covid
- Most patients maintained weight status with some reducing weight

#### Active Phase

- Six patients
- All will move to maintenance in 2022

#### Maintenance Phase

- Seven patients
- Four completed in 2021
- Three will complete in 2022

The **active phase** includes nutrition advice and physical activity. The **maintenance phase** is all about support, to help patients keep weight at new, lower level.

#### Healthier Together Group

Pilot of a tier 3 group based intervention began in September 2021 with delivery to **9 patients** across two venues - Time Capsule (Coatbridge) and Carluke Leisure Centre.

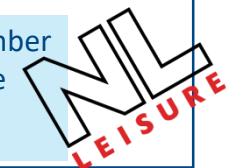
One patient lost two stones

### Clinical Weight Management Team

The Tier 3 Adult Weight Management services have been taking referrals directly from Community Dietetic waiting lists while we develop our own direct referral routes from Primary & Secondary Care.

#### Addressing Health Inequalities

Weight management referrals can facilitate access to an NHS endorsed weight management app called Second Nature. This app is available in a number of languages and includes allocation to like-minded cohort groups, it also includes access to a dietetic led team of advisors.





## Adult – tier 4

Tier 4 is for patients that have completed tier 3 interventions and are now being considered for bariatric surgery.

### **Bariatric Surgery**

Referral pathways have been built in for patients re-directed from the bariatric service after vetting, ensuring that these clients still access clinical led weight management support even if they are not eligible for surgical interventions in NHSL.

To date no tier 3 weight management (non-diabetic) patients have needed referral for consideration for tier 4 interventions, however there is a referral route for eligible patients to access bariatric surgery.

Support for clients re-directed from bariatric surgery.

### **Keep Well for Surgery**

A pilot nurse-led tier 3 programme for patients awaiting joint surgery. As it nears completion there are anecdotally positive results. Many patients have successfully lowered their BMI and increased physical activity levels allowing them to be offered surgical waiting list places. Additional value for this pilot may be in the identification of patients with disordered eating: three Keep Well for Surgery participants required clinical psychology assessment/intervention to support them with this complex issue.

1 in 3 patients assessed

## Psychology

### **Psychology**

LWMS Clinical Psychology receives internal referrals for approximately one in three patients assessed for weight management services. Their needs have included assessment and interventions for body image support, disordered eating and general mental wellbeing barriers to change.

The team also recently hosted a clinical psychology final year student who takes their experience and knowledge of obesity care with us to University Hospital Hairmyres on qualifying.

3 patients required support.

The clinical weight management team are evaluating delivery and capacity as services roll out. Where possible we are building our staff resource to match the demands of the service including recruitment of dietetic assistants and a Specialist Child and Young Persons Clinical Psychologist. Other important developments include building better integrated pathways for people living with pre-diabetes.

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