

York Hospitals NHS Foundation Trust

Adult Services for Obesity

Nice clinical guideline 43 – Obesity, guidance on the prevention, identification, assessment and management of overweight and obesity in adults and children, December 2006.

This guideline contains all of the guidance and recommendations that we follow in delivering services for adults with obesity in the York Hospitals Foundation Trust.

The guidance supports both public health and clinical interventions to deliver evidenced based cost effective solutions.

The guidelines health focus is on public health and primary service. There is acknowledgement that part of some services will be delivered by secondary care, but the majority of the recommendations are for the detail of how services can be delivered in communities rather than hospital.

The overall guideline for individuals are based on diet and exercise and there is clear guidance for access to specialist services and bariatric surgery.

Key Hospital Roles

Direct Referrals

- Referrals into the hospital via a GP – the majority of these patients are individuals with co-morbidities particularly type 2 diabetes. These patients will have a one to one intervention.

Bariatric Surgery

- Bariatric surgery – this depends on this service being commissioned. The guideline is clear that entry to bariatric surgery is for those individuals with a BMI >40 or a BMI >35-40 where there are co-morbidities, or first line treatment for those with a BMI >50. In York the commissioners have set a BMI of >50 as the threshold for this surgery.

Bariatric surgery is delivered by a multi professional team and in line with the guidance this includes a clear pathway with pre-assessment and post operative support for at least 2 years. The team must include a surgeon and a dietitian and this is the case in York.

The Hospital as an Employer

- Responsibilities of an NHS employer – the guidance is clear that NHS employers have responsibilities to promote the health of their workforce and to facilitate this through a variety of strategies. The hospital has an initiative entitled “Choose Health” which is led by Occupational Health and aims to deliver this strategy.