



Freedom of Information request & West Norfolk CCG response

WN-2016-00148 – Commissioning of Tier 3 Weight Management Clinics

The Royal College of Surgeons of England would, under the terms of the Freedom of Information Act, like to request

- a copy of your clinical commissioning group's policy on the commissioning of Tier 3 weight management clinics

Patients can be referred to Tier 3 IWM if they have a BMI of 35 kg/m² or more with obesity related co-morbidity, or anyone with BMI > 40 kg/m².

It is suggested that people should have made a previous weight loss attempt using appropriate help which includes commercial services such as Weight Watchers, Slimming World, LighterLife, Cambridge diet, dietician, health trainer or practice based support. Exceptions can be made for those who are unable to attend groups for medical, psychological or social reasons.

Referrals will only be considered for patients who are adults (aged 18 and over) as a treatment option for people with severe and complex obesity providing the patient fulfils all of the NICE criteria. These include that patients will have attempted "All appropriate non-surgical measures...but the person has not achieved or maintained adequate, clinically beneficial weight loss" (NICE CG189). NICE also states that the person has been receiving or will receive intensive management in a tier 3 service.

- and Tier 4 Bariatric Surgery.

Surgery will only be considered as a treatment option for people with morbid obesity providing all of the following criteria are fulfilled:

- *The individual is considered morbidly obese. For the purpose of this policy bariatric surgery will be offered to adults with a BMI of 40kg/m² or more, or between 35 kg/m² and 40kg/m² or greater in the presence of other significant diseases.*
- *There must be formalised MDT led processes for the screening of co-morbidities and the detection of other significant diseases. These should include identification, diagnosis, severity/complexity assessment, risk stratification/scoring and appropriate specialist referral for medical management. Such medical evaluation is mandatory prior to entering a surgical pathway.*
- *Morbid/severe obesity has been present for at least five years.*

- *The individual has recently received and complied with a local specialist obesity service weight loss programme (non-surgical Tier 3 / 4), described as follows:*

This will have been for duration of 12-24 months. For patients with BMI > 50 attending a specialist bariatric service, this period may include the stabilisation and assessment period prior to bariatric surgery. The minimum acceptable period is six months. The specialist obesity weight loss programme and MDT should be decided locally. This will be led by a professional with a specialist interest in obesity and include a physician, specialist dietician, nurse, psychologist and physical exercise therapist, all of whom must also have a specialist interest in obesity. There are different models of local MDT structure. Important features are the multidisciplinary, structured and organised approach, lead professional, assessment of evidence that all suitable non-invasive options have been explored and trialled and individualised patient focus and targets. In addition to offering a programme of care the service will select and refer appropriate patients for consideration for bariatric surgery.