

The South East London Healthy Weight Programme

A multidisciplinary 24-month obesity intervention
for patients with BMI 35+ with type 2 diabetes,
or BMI 40+ with prediabetes or normoglycaemia,
delivered by Guy's and St. Thomas'
across South East London



OUTLINE

- An action learning project commissioned by CCGs until March 2020
- A pilot has already been running in Southwark for 18 months, and based on initial findings and emerging research, the intervention has been modified
- Additionally commissioned by Bexley, Bromley, Lambeth and Lewisham
- 12-month intervention plus another 12-month structured follow-up
- Delivered by Dietitians and Assistants, Clinical Psychologist and Physical Activity Specialists at 11 venues across South East London
- Medical review for complex patients and GP liaison led by Endocrinology Consultant
- Independent evaluation by academic staff at Kings College London
- CCGs will consider outcomes and whether to proceed with full procurement / tender late 2019

CRITERIA

INCLUSION

≥18 years old

BMI ≥35 with type 2 diabetes
BMI ≥40 with prediabetes / no diabetes

Registered with a GP in Bexley, Bromley,
Lambeth, Lewisham or Southwark

Motivated to lose weight

EXCLUSION

Pregnant

Those who have previously participated in
a Tier 3 programme but not completed it

Those receiving active cancer treatment,
palliative or end of life care

Previous bariatric surgery

Type 1 diabetes



Initial Assessment

- Questionnaires:
 - QoL, mental health, food frequency, binge eating disorders, physical activity
 - These act as screening tools and provide pre- and post- evaluative data
- Decision on Balance or FAST programme (patient and dietitian joint decision)
 - Exclusion criteria presented on later slide
- Assessed for any need for psychology input prior to commencing intervention
- Complex patients referred for medical review
- Booked in for initial group session (or one-to-one for those not suitable for groups)
- If not suitable for the programme discharged back to GP following signposting to services

Medical MDT Review

- Complex patients only, protocol-driven identification at initial assessment
 - Multiple comorbidities
 - Risk of hypos or fainting following dietary restriction or weight loss
- Review led by Dr Barbara McGowan, Consultant Endocrinologist
- Psychology and dietitian input
- Full medical obesity review
 - Sleep apnoea, hepatic steatosis
 - Optimisation of medicines
- Liaison with GP regarding dose adjustment of insulin, antihypertensives etc

Medical MDT Review

- **ALL PATIENTS entering FAST programme**
- **Of those entering BALANCE programme, patients with:**
 - Type 2 diabetes and on medications with a risk of hypoglycaemia
 - Type 2 diabetes with poor control (HbA1c above 108 mmol/mol or 13%) not already in intermediate care
 - Established microvascular complications of diabetes (retinopathy/neuropathy/nephropathy)
 - Eligible for weight loss pharmaceuticals (other than orlistat)
 - Eligible for an active clinical trial
 - A diagnosis of (or at high risk of) Obstructive Sleep Apnoea – gateway to sleep referral
 - High FIB-4 score for liver fibrosis – gateway to gastro referral
 - Previous cardiovascular/cerebrovascular/peripheral vascular event or QRISK >10%
 - A Rose questionnaire positive for angina/chest pain
 - Women with oligomenorrhoea
 - Abnormal thyroid function tests
 - 18, 19 or 70+ years of age
 - Any others considered to need face-to-face consultation for another reason at the virtual review

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Medical MDT Review

Medications for Type 2 Diabetes	Recommended Action
Biguanides (e.g. Metformin)	Can continue or dose reduced - ongoing review
Sulphonyureas (e.g. Gliclazide)	STOP
SGLT-2 Inhibitors (e.g. Empagliflozin)	Consider stopping in insulin treated patients or where HbA1c >86mmol/mol (10%)
Thiazolidinediones (e.g. Pioglitazone)	STOP
DPP-IV Inhibitors (e.g. Sitagliptin)	Can continue with ongoing review
GLP-1 Agonists (e.g. Liraglutide)	Can continue with ongoing review
Alpha-glucosidase Inhibitors (e.g. Acarbose)	STOP
Insulin	Reduce or stop, as above. Tailor to individual.

BALANCE

Combination of Nutrition Education, Psychology and Physical activity

Examples of topics covered:

- understanding lifestyle change
 - identifying hunger and the reasons for overeating
 - motivation and managing relapses
 - reading food labels
 - cooking and eating healthily on a budget
 - setting SMART goals
- 12 group sessions over the course of a 12 month period
 - Extra weighing drop-in sessions
 - Participants are encouraged to be more physically active
 - Supported by their peers in the group environment

FAST

- Nutritionally complete 800 calorie Total Meal Replacement (TMR) for 12 weeks followed by gradual re-introduction of healthy eating, nutritional education, psychology and physical activity
- Patients are offered 3 different products:
 - **Lighter Life®** (cost to patient up to £60 per week)
 - **Exante®** (cost to patient up to £35 per week)
 - **Tesco Ultralim** (cost to patient £12 per week)
- Small daily allowance of non-starchy vegetables and skimmed milk for hot drinks, also 'free' foods such as diet drinks
- 15 group sessions over the course of 12 months
- Extra weighing drop-in sessions

FAST EXCLUSION CRITERIA

- Severe or unstable heart failure
- Pregnancy
- <4 months post-partum and breastfeeding
- Substance misuse e.g. drugs, alcohol
- Myocardial infarction or stroke within the previous 3 months
- Porphyria



- Severe depression - identified using the GHQ12 questionnaire on the assessment

OVIVA

- Support app
- Facilitated and moderated 'group chat' function
- Dietitian / Psychologist / Assistant can respond to questions, correct any misinformation
- Motivation and group challenges set
- Participants are encouraged to post pictures of meals and upload links to helpful information
- Enables identification of patients who may be struggling
- Patients can also 'private message' for 1:1 advice

Lambeth CCG Top Referrers into SELT3

	Practice	No. Patients
Dr. Klein	SE5 9NS	11
Dr. Mordhorst	SW8 2UD	10
Dr. Lamb	SE24 9QP	9
Dr. Nolan	SE24 9AE	9
Dr. Savage	SW16 5LS	9
Dr. Veiji	SW16 2ST	9

How to refer

- Is your patient motivated to lose weight?
- Referrals sent from GP via **e-RS**
- The referral form can be found on EMIS and is titled 'Tier 3 Healthy Weight Programme Referral Form (South East London)'
- To find the service on e-RS select:
 - 'Dietetics' (specialty)
 - 'Weight Management' (clinic type)
 - 'SEL Tier 3 Healthy Weight Programme' (service name)

