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
<table>
<thead>
<tr>
<th>CRITERIA</th>
<th>INCLUSION</th>
<th>EXCLUSION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INCLUSION</strong></td>
<td>≥18 years old</td>
<td>Pregnant</td>
</tr>
<tr>
<td></td>
<td>BMI ≥35 with type 2 diabetes</td>
<td>Those who have previously participated in a Tier 3 programme but not completed it</td>
</tr>
<tr>
<td></td>
<td>BMI ≥40 with prediabetes / no diabetes</td>
<td>Those receiving active cancer treatment, palliative or end of life care</td>
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<td></td>
<td>Registered with a GP in Bexley, Bromley, Lambeth, Lewisham or Southwark</td>
<td>Previous bariatric surgery</td>
</tr>
<tr>
<td></td>
<td>Motivated to lose weight</td>
<td>Type 1 diabetes</td>
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</tbody>
</table>
Referral from GP
Choose and book venue (eRS), then vetting

Individual Assessment with Dietitian

Psychology Preassessment

Months 1-6

FAST Groups
10 sessions
TMR 12 wks then food reintroduction
Oviva App

BALANCE Groups
7 sessions
Healthy Eating
Oviva App

One-to-ones with Dietitian
(FAST or BALANCE)
Visits as needed
Oviva App

Months 7-12

5 sessions
Healthy eating
Physical Activity
Psychology
Oviva App

5 sessions
Healthy eating
Physical Activity
Psychology
Oviva App

2 visits
Healthy eating
Psychology
Oviva App
Exercise Referral

Year 2

Oviva App Monthly drop-ins

Oviva App Monthly drop-ins

Oviva App 2 visits

Discharge to GP
Tier 4
Local Gym
Food Banks
Walking Groups
Mental Health

Medical MDT
Medication adjustment
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
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)
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  - A diagnosis of (or at high risk of) Obstructive Sleep Apnoea – gateway to sleep referral
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  - 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
## Medical MDT Review

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

Active mental illness:
- Severe depression - identified using the GHQ12 questionnaire on the assessment form
- Bipolar disorder, schizophrenia or other psychotic disorders
- Eating disorder accompanied by purging – identified using the QEWP-R questionnaire
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
<table>
<thead>
<tr>
<th>Practice</th>
<th>No. Patients</th>
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<tbody>
<tr>
<td>Dr. Klein</td>
<td>SE5 9NS</td>
</tr>
<tr>
<td>Dr. Mordhorst</td>
<td>SW8 2UD</td>
</tr>
<tr>
<td>Dr. Lamb</td>
<td>SE24 9QP</td>
</tr>
<tr>
<td>Dr. Nolan</td>
<td>SE24 9AE</td>
</tr>
<tr>
<td>Dr. Savage</td>
<td>SW16 5LS</td>
</tr>
<tr>
<td>Dr. Veiji</td>
<td>SW16 2ST</td>
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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)