

WAIKATO DHB REFERRAL GUIDELINE

Adult Weight Management Programme Waikato Hospital

The Adult Weight Management Programme (AWMP) is a programme geared towards helping people with obesity-related disorder to achieve and maintain a minimum of 10% body weight loss to improve their health. The programme utilises group education methods and Optifast as a meal replacement to achieve this goal. Patients, who would not be appropriate for group education, should not be referred to the programme. These patients should be referred to the Waikato Hospital Dietetic Services Weight Loss Clinic. Referrals which are accepted by the programme are accepted for evaluation for the programme. Acceptance for evaluation is not synonymous with acceptance into the programme. Patients will be evaluated from both physical and mental health perspectives for appropriateness for the programme. When a patient is appropriate and willing, they will then enter one of the group programmes at AWMP.

Referral Criteria

- BMI > 35
- At least one obesity-related disorder (Patients with the highest number and severity
 of obesity-related disorders will have higher priority.)
- Desire to lose weight and is willingness to make permanent behaviour and life changes to achieve sustained weight loss
- Has already seriously attempted weight loss with dieting and/or exercise without success
- (Patient who have already seen a dietician, been given the Green Prescription, or joined an organised weight loss scheme such as Sure Slim, Jenny Craig, or Weight Watchers without success will have higher priority.)
- Feels that he/she needs to and could lose weight.
- Compliant with self blood sugar monitoring (if diabetic), medications, medical testing, and appointments.
- Able to attend all group sessions and appointments
- Able to afford Optifast

Author Name	Department Name	Issue Date	Review Date	File Name
Dr Justina Wu	Diabetes Service	1 June 2009	1 June 2011	Adult weight
				management
				programme



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Exclusion Criteria

Because of safety concerns related to rapid weight loss, we do not accept patients with the following conditions:

- Less than 18 y/o.
- Pregnancy
- Lactation
- End Stage Liver Disease (Stage 3-4 of Cirrhosis)
- End Stage Renal Disease (Cr >250)
- Conditions with a high catabolic state
- Active illicit drug and/or alcohol abuse/dependency and not treated or not treated for a sufficient duration to prove stable abstinence
- Unstable mental illness and not treated or not treated for a sufficient duration to prove stability
- Significant risk issues to self or others, and absence of appropriate support system
- Active bulimia that is not treated or not treated for a sufficient duration to prove stable abstinence of bulimic behaviour
- Serious interpersonal issues which would disrupt patient group sessions (e.g. difficulty managing anger, violent and anti-social behaviour)
- Deficits in intellectual functioning to such a degree that patient group education would be inappropriate
- Does not attend appointments.

Please Use our Referral Form When Referring to our Service.

Please also keep in mind that patient will only be able to go through the group programme ONCE. Repetition of the programme is extremely discouraged secondary to the lack of weight loss success in the patients who have been allowed to repeat the programme in the past. Therefore, if the patient is not committed to undergo such a programme, it is best to defer the referral to a more appropriate time.

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