

Health Waikato Weight Management Options

1. The Adult Weight Management Programme at the Waikato Diabetes Service

The Adult Weight Management Programme is currently only able to accommodate 100 patients per year (150 per year from Jan 2008). Resources are therefore targeted to individuals with a BMI of 35 or more, obesity-related diseases and previous unsuccessful attempts at weight loss, especially those unable to lose weight safely without medical supervision (e.g. diabetic patients on insulin or sulfonylureas who experience hypoglycaemia when losing weight). The programme aims to achieve and maintain at least a 10% weight reduction.

Priority is given to those with the greatest number and severity of co-morbidities and participants are expected to have made previous serious weight loss attempts through participation with a green prescription programme, consultation with a dietician for weight loss, or organised weight loss scheme.

The programme utilises group education for a 6 month period and meal replacement for 10 weeks. The meal replacement is self funded although some patients may be able to get WINZ support towards purchase. Individual motivation and compliance with blood sugar testing (if diabetic), medical testing, medications and attendance at appointments are required.

For safety reasons the following are unable to be accepted; age under 18, pregnancy/lactation, end stage liver and renal disease, conditions with a high catabolic state, conditions incompatible with meal replacement (i.e. hyperkalaemia, severe hypercalcaemia), drug/alcohol abuse/dependency, unstable mental illness, uncontrolled bulimia.

Publicly funded gastric bypass surgery is limited to 12 per year, and patient selection is very stringent because surgery is not 100% effective and has serious risks and complications that require life-long follow up. Patients must achieve a BMI of ≤ 45 to reduce peri-operative risk and the risk of severe nutritional deficiency after the surgery.

2. Waikato Hospital Dietetic Service Weight Loss Clinic

This is a lifestyle and nutrition focused clinic that aims to help patients set and achieve goals in areas of nutrition and exercise. Appointments are individual, not group focused. Follow-up appointments are given according to patient need and progress but generally they are monthly. Patients who do not fit into the Adult Weight Management Programme may be suitable for this clinic.

Acceptance criteria are that the patients have a BMI >30 , aged over 18 years and may have other co-morbidities. Patients who are motivated and who **will** attend clinic appointments would be welcomed.

3 Bodywise Paediatric Weight Management Programme

Please refer to the article in the June 2007 edition of Outreach for details.

New Library Service - GP access to Evidence Based Reference Tool

The Waikato DHB Library is offering GPs, at no cost to your organisations, a reference tool which can be accessed from your desk, home and downloaded onto PDAs

DynaMed is a clinical reference tool created by physicians for physicians and other health care professionals for use primarily at the 'point-of-care', with clinically-organized summaries for nearly 2,000 topics. It is updated daily and monitors the content of over 500 medical journals and systematic evidence review databases directly and indirectly by using many journal review services. Each publication is reviewed cover-to-cover, and each article is evaluated for clinical relevance and scientific validity. The new evidence is then integrated with existing content, and overall conclusions are changed as appropriate representing a synthesis of the best available evidence. Through this process of systematic literature surveillance, the best available evidence determines the content of *DynaMed*.

In order for GPs to make best use of this resource Library staff are offering to do training through a variety of means:

CME evening at Bryant Education Centre, Group or one on one training at times to suit users either in the Library or at Practice/PHO meetings.

If you are interested in using this product please contact the Library 07 839 8880 or email library@waikatodhb.govt.nz to get a password set up and arrange training as required.

Farewell and Thank You

John Moodie, anaesthetist, is leaving Waikato Hospital after 30 years. John was the first anaesthetist to go overseas for subspecialty training and came back to establish both the paediatric and obstetric anaesthesia services. Many senior anaesthetists credit him with being their most influential teacher and mentor. John was involved in the first conjoint twin separation 20 years ago and continues to be actively involved in anaesthetic research.

New phone number for Dr Linda Rademaker GP Liaison

I have a new extension number. You still dial the normal Waikato Hospital number 07 839 8899 but my extension number is now **23085**. All other contact details i.e. email, postal address and mobile remain the same as listed at the bottom of Outreach.

Clinic	Category	Waiting Time
Audiology	Children 9-32 mths Under 17 years Children's hearing aids Adult diagnostic tests Adult hearing aids Central auditory processing test	2 months 2-3 months 4 weeks 4 months 6 months 6 months
Breast Care	Urgent Semi-urgent *BCC Imaging Urgent only	3 weeks 3 month 2 weeks
Cardiac Surgery	Urgent Semi-urgent	1-3 weeks 3-6 weeks
Cardiology	Urgent Semi-urgent Routine	1-2 months 2-6 months 6 months
Colposcopy	Invasive High grade Low grade Non cervical	Within 7 days 4 weeks 26 weeks + 26 weeks +
Dental	Urgent Semi-urgent Routine	24 hours 3 weeks 2 months
Dermatology (1) Fax urgent referrals to 07 839 8670	Urgent Semi-urgent Routine	5 days 3 months 6 months
Paediatric Dermatology		5 months
Dermatology Lesion Clinic	Urgent Semi-urgent Routine	7 days 4 weeks 6 months
Diabetes Consultant (2)	Urgent Semi-urgent Routine	1 month 2 month 5 months
Diabetes Nurse Educator	Urgent Semi-urgent	Within 7 days Within 6 weeks
Endocrinology	Urgent Semi-urgent Routine	1-2 months 2-6 months Within 6 months
Endoscopy/Colonoscopy Medical	Urgent Semi-Urgent	4-6 weeks 4-6 weeks
Surgical	Urgent Semi-urgent	4-6 weeks 12-18 months
ENT	Urgent Semi-urgent (children) Semi-urgent (adults)	1-6 weeks 4-5 months 6 months
Gastro-enterology	Urgent Semi-urgent	2-4 weeks 2-6 weeks
General Medicine	Urgent Semi-urgent Routine	1-2 weeks 2-4 weeks 2-3 months
General Surgery	Urgent Semi urgent	1-4 weeks 1-5 months
Gynaecology	Urgent Semi-urgent Routine	2-4 weeks 6 months 6 months
Haematology	Urgent Semi-urgent Routine DVT	2-8 weeks 6-4 weeks 4-10 months 4 months
Maxillo-facial	Urgent Semi-urgent Routine	Within 24 hours Within 3 weeks 3 months
Neurology	Urgent Semi-urgent EMG urgent Routine EEG urgent routine	1-3 months 3-10 months 1-4 months 4-6 months 2-8 weeks 2-6 months
Neurosurgery	Urgent Semi-urgent Routine	Within 1 month Within 6 months
Oncology and Medical Radiation	Priority 1 Priority 2 Priority 3 Priority 1 Priority 2 Priority 3	1-2 days 5-10 working days 35-40working days 1-2 days 5-10 working days 20-25working days

Clinic	Category	Waiting Time
Ophthalmology	Urgent Urgent laser Semi-urgent – Children Semi-urgent – Adults Semi-urgent (diabetic) Minor Operation Clinic	within 1 month 1-3 weeks within 6 months 6 months 1 month within 6 months
Orthopaedic	General – Urgent Semi-urgent Routine Paediatrics – Urgent Semi-urgent Routine Paediatric Gait Clinic	1-6 weeks Up to 3 months Up to 6 months 1-6 weeks Up to 4 months Up to 6 months 1-6 weeks
Paediatric Medicine	Urgent Semi-urgent Routine	1-2 months 3 months 3-6 months
Paediatric Surgical	Urgent Semi-urgent Routine	2-4 weeks 4-6 weeks 8-12 weeks
Pain clinic	Urgent Semi-urgent Routine	Up to 1 month Up to 3 months 6 months
Physiotherapy	General musculoskeletal Respiratory Rheumatology Women's Health	5 days (urgent) 6-8weeks (routine) 2-3 weeks 4 weeks 2 days (urgent) 2-3weeks (routine)
Plastics (1) Fax immediate / acute referrals to 07 839 8670	Urgent Semi-urgent Routine	2 weeks 3 months 5 months
Plastics Lesion clinic	Urgent Semi-urgent Routine	2 weeks 4 months 6 months
Rehabilitation	Day Clinic (Physio Only) Day Clinic (OT) Rehab Clinic (Physio) Rehab Clinic (OT) Rehab Clinic (Neuropsychologist)	1-3 weeks 1-3 weeks 1-3 weeks 1-3 weeks
	Urgent Semi-urgent Routine	1-3 weeks 1-6 months 2 years
Renal	Urgent Semi-urgent Routine	1-4 weeks 2-4 months 4-6 months
Respiratory	Urgent Semi-urgent Routine	1-4 weeks 1-2 months 4-6 months
Rheumatology (3)	Urgent Semi-urgent Routine	1-4 weeks 1-2 months 2-4 months
Thyroid	Urgent Semi-urgent Routine	2-4 weeks 4 months 4-6 months
Ultrasound	Very Urgent Urgent Priority Routine Non-urgent	1 week 2 weeks 4 weeks 5 weeks 6 weeks
Urology		Within 2 months
Vascular	Urgent Semi-urgent Routine	1-4 weeks 2-4 months 4-6 months
Vascular Surgery	Urgent Semi-urgent Routine	1-4 weeks 2-4 months 4-6 months
Adult Mental Health Waiting Times		
Community mental health team	Crisis referrals Non-crisis/routine	Within 24 hours Within 10 days

1 Immediate & urgent dermatology/plastics cases must be discussed with the specialist or registrar to allow appropriate prioritisation.

2 All urgent diabetes referrals can be seen on the same day.

3 All urgent rheumatology cases should be discussed with the rheumatologist.