

OBESITY & WEIGHT MANAGEMENT PROJECT

OBESITY & WEIGHT MANAGEMENT (OWM) PROJECT					
OBJECTIVES: IMPROVE CURRENT OBESITY & WEIGHT MANAGEMENT SERVICES IN BRENT, WITH VIEW TO SETTING UP A DEDICATED COMMUNITY-BASED CLINIC IN BRENT					
BASELINE POSITION: THERE IS CURRENTLY NO FACE TO FACE MULTI-DISCIPLINARY SERVICE AVAILABLE FOR PATIENTS AND LITTLE TO NO ACCESS TO NOVEL WEIGHT LOSS MEDICATION. MY AIM IS TO HAVE A MDT BASED BRENT CLINIC PROVIDING WEIGHT MANAGEMENT SERVICES AND OFFERING NOVEL ANTI-OBESITY TREATMENTS TO ELIGIBLE PATIENTS					
	MONTHS 1-3	MONTHS 4-6	MONTHS 7-9	MONTHS 10-12	FUTURE STEPS
INPUTS	<ul style="list-style-type: none"> UNDERSTAND CURRENT WEIGHT MANAGEMENT SERVICES LAISE WITH BRENT MEDICAL, PHARMACY, SOCIAL, PUBLIC HEALTH WITH A SECONDARY CARE LAISE WITH PRACTICES, PCN, PATIENTS & NHS CONSIDER WHAT IS NEEDED FOR SERVICE & DELIVERY WORK WITH OTHER FELLOWS WORKING ON OWM PROJECT 	<ul style="list-style-type: none"> CREATE DESIGN COMMUNITY SERVICE LAISE WITH RELEVANT SPECIALITY COLLEAGUES & RECORD FOR MDT CONSIDER LOGISTICS OF CLINIC WORK ON REFERRAL FORM PRODUCE INFORMATIONAL MATERIAL THINK ABOUT PATIENTS 	<ul style="list-style-type: none"> START PILOT CLINIC DAY & WEEK BY FOM SEE NEW PATIENTS INVOLVE WHOLE MDT WEEKLY GROUP SESSIONS WORK ON REFERRAL FORM DELIVER WITH RELEVANT SPECIALITY COLLEAGUES START UNDERSTANDING OF WHAT PATIENTS WANT/NEED START COMMUNICATIONS 	<ul style="list-style-type: none"> EVALUATE FIRST 3 MONTHS OF CLINIC CONSOLE OF REAL CLINIC AND ONE MEDICIAN LOOK AT OPENING CLINIC TO MORE PATIENTS LOOK AT EXTENDING CLINIC TO AMBITIOUS FOR LOCAL EDUCATIONAL EVENTS LAISE WITH OTHER FELLOWS START CLINIC (DAY & WEEK) 	<ul style="list-style-type: none"> LOOK AT HOW TO EXTEND CLINIC TO MORE AND FROM THE BRIDGE STARTS SPECIAL COMMUNITY PRACTICE WORK WITH OTHER BOROUGHS WORK WITH MEDICINE SERVICES WORK WITH PHARMACY PUBLIC HEALTH STARTS COMMUNITY PRACTICE
OUTPUTS	<ul style="list-style-type: none"> HAVE A FIRM UNDERSTANDING OF OWM SERVICES IN BOROUGH UNDERSTAND WHAT ICE, COUNCIL, PUBLIC HEALTH & SECONDARY CARE WOULD LIKE FROM SERVICE UNDERSTAND WHAT PRACTICES, PCN & PATIENT WOULD LIKE FROM SERVICE COLLABORATE WITH OTHER FELLOWS WORKING ON OWM PROJECT 	<ul style="list-style-type: none"> CONFIRM DESIGN OF SERVICE RECRUIT RELEVANT MDT STAFF DESIGN FOR CLINIC CONFORM REFERRAL FORM, WITH CLEAR INSTRUCTIONS & BRUSH CRITERIA, CREATE SMS VERSION & SHARE WITH PRACTICES GET APPOINTMENTS & SHARE WITH STAKE HOLDERS 	<ul style="list-style-type: none"> GET PILOT CLINIC UP & RUNNING ESTABLISH MDT APPROACH ESTABLISH GROUP SESSIONS STARTS ON FREQUENTLY OF FOLLOW UP APPOINTMENTS CARRY OUT EVALUATION AT END OF FIRST 3 MONTHS START FEEDBACK FROM RELEVANT PARTIES 	<ul style="list-style-type: none"> MAKE CHANGES TO CLINIC AS PER FEEDBACK OF CHALLENGES STARTING CLINIC TO MORE PATIENTS HEALTH CARE EDUCATIONAL EVENTS COMMUNITY EDUCATIONAL EVENTS ALSO OWN SERVICES WITH FOLLOWING FROM OTHER BOROUGHS END OF YEAR EVALUATION/REPORT OF CLINIC & PROJECT PROGRESS 	<ul style="list-style-type: none"> OPEN CLINIC TO NETWORK UPON SPECIAL PRIMARY CARE CLINICIAN WORK SERVICES WITH MORE BOROUGHS STARTS CARE OF UNDERWEIGHT & OVERWEIGHT PATIENTS IN BOROUGHS PROVIDE EDUCATION & PREVENTION ACQUIRE LONG TERM FUNDING FOR OWM SERVICE

THERE IS LITTLE NEED TO STRESS THE MAGNITUDE OF THE OBESITY AND OVERWEIGHT EPIDEMIC THAT WE ARE ENGULFED IN. WITH ITS DIRECT IMPACT ON DIABETES, CARDIOVASCULAR DISEASE, CANCER AND MULTIPLE CAUSES OF MORBIDITY & MORTALITY, WE MUST URGENTLY ADDRESS THE NEEDS OF THE MANY WHO ARE SUFFERING WITH OBESITY & PREVENT THE UPWARD TREND IN CHILDREN & ADOLESCENTS. NO TIER OF WEIGHT MANAGEMENT SERVICES IS CURRENTLY ABLE TO MANAGE, EVEN A FRACTION, OF THE DEMAND THAT EXISTS, OR WOULD BENEFIT FROM IMPROVED SERVICES. WITH THE INTRODUCTION OF NOVEL NEW ANTI-OBESITY DRUGS AND THE CURRENT RECOMMENDATION THAT THIS SHOULD ONLY BE MANAGED BY TIER 3 SPECIALIST SECONDARY CARE SERVICES; MY AIM IS TO DEMONSTRATE THAT SUCH SERVICES CAN BE MANAGED & PROVIDED IN THE COMMUNITY EFFECTIVELY & MORE COST-EFFECTIVELY.

FINISHED DIPLOMA IN OWM

PROJECT PLAN LAYED OUT

MET WITH BOROUGH & MEDICINE MANAGEMENT TEAM

DISCUSSED PROJECT WITH ARRS (DIETICIANS, PHARMACISTS & H&W COACHES) & OUTLINED THEIR POSSIBLE ROLES

LIAISED WITH PCN CD'S & NETWORK

ENGAGED WITH 3RD PARTY PROVIDER TO BE PART OF NATIONAL PILOT

DISCUSSED WITH SECONDARY CARE SERVICES

DISCUSSED PROJECT WITH PROVIDERS OF OWM SERVICES AROUND THE COUNTRY

LIAISED WITH OTHER FELLOWS

PROFORMA CREATED

INITIAL TARGET GROUPS IDENTIFIED

ATTENDED HOSPITAL & COMMUNITY BASED OWM CLINICS

TEMPLATE CREATED

TARGET PATIENTS INVITED

STARTED SEEING PATIENTS

FOLLOWING-UP PATIENTS OVER A 3-MONTH PERIOD

NEXT STEPS

- OFFER SERVICE TO OTHER PRACTICES IN PCN
- EVALUATE SERVICE & OUTCOMES
- WRITE PROPOSAL FOR BOROUGH-WIDE PILOT
- ACQUIRE FUNDING
- EDUCATIONAL EVENTS
- INTEGRATED NEIGHBOURHOOD TEAMS

CHALLENGES

- LACK OF INTEREST
- PROMISE SOMETHING WAS HAPPENING AT NWL LEVEL
- LOSS OF RELEVANT ARRS ROLES
- TIME-SCALE
- ONGOING FUNDING
- ACCESS TO DRUGS