Our Vision:

To lead out-of-hospital community healthcare
Who We Are:

• SWMS is a tier 3 specialist weight management service.
• Established in 2010.
• The team consists of:
  – Clinical Lead Dietitian
  – Specialist Dietitian
  – Specialist Physiotherapist
  – Clinical Psychologist
  – Obesity consultant
Who we see:

- The team treats patients with a BMI >40kg/m² or >35kg/m² with a co-morbidity.
- Many of these patients also have associated co-morbidities, and mental health issues such as anxiety and/or depression.
- Patients are treated in the service for up to two years to ensure long-term support is offered for weight maintenance and lapses that may (and often do) occur.
Who we see:

• In addition to seeing patients in clinics, the team provide home visits to patients who are too obese to access services, psychological reasons (e.g. agoraphobia) or are unable to leave their home for other reasons.
Aims of service:

• SWMS was initially commissioned only as a weight loss service

• Now see people as part of bariatric pathway:
  – Patients are suitable for surgery both dietetically, psychologically, physically and medically
  – Best outcomes for NHS and the patient
  – Usually people stay in service 6-12 months before surgery.

• Many people start on surgical pathway and decide that they no longer wish to have surgery.
How we deliver our service:

• One-to-one clinics with all disciplines within service
• Specialist groups
• Exercise classes and walking groups
• Across the borough making them as accessible as possible
• Tailored to patient need
KPI’s and Outcomes

- **Weight**
  - 827kg lost in 2013-2014
  - Average weight lost is 5.82kg
  - Average % weight loss is 5.1%
  - Approximately 80% have lost weight
  - Approximately 20% have lost >10% of their body weight

- **DNA rates**
  - Average 3%

- **Productivity**
  - Increased by 50% from previous year
  - 237 new patients assessed, 194 staying in the service (target is to assess 200 new patients per annum).
Projects

- Acupuncture
- Learning disabilities
- Exercise classes
- Disordered eating groups
Innovative working:

• Data collections systems
• Electronic patient records
• Collaborative working – IT, local leisure providers, social enterprises, DoH
Celebrating successes

• Team the team have had many successes over the 2 years:
  – Abstract presentations at BDA symposium
  – Abstract journal publications
  – NICE guidelines group
  – Magazine, newspaper and internet articles
  – TV, Radio and Webcasts
  – Case studies in practice manual

• Student training in all disciplines including medical
UK Congress on Obesity 2014

University of Birmingham, Edgbaston Campus
Tuesday 16th September and Wednesday 17th September 2014