

Title

Severe Mental Illness Weight Management

Reference Number: F4642
Date of Response: 26/05/2023

Further to your Freedom of Information Act request, please find the Trust's response, below:

Royal Devon's Eastern FOI Office Response

We are asking for information about the Tier 3 Weight Management Services you provide.

1. A full copy of referral criteria for this service, including inclusion and exclusion criteria

Eastern answer:

- Over 18 years old
- BMI >40kg/m²
- BMI 35kg/m² with a comorbidity
 - Type 2 diabetes
 - Hyperlipidaemia uncorrected by max dose statins
 - OSA
 - GORD, after assessment by a GI surgeon
 - Severe OA, requiring listing for joint replacement
 - Intracranial hypertension
 - Infertility in which weight is a barrier to therapy
 - NASH
- BMI >30kg/m² if recently diagnosed with type 2 diabetes (less than 5 years)

Also, exclusion criteria of:

- Currently pregnant
- Active eating disorder
- Unstable mental health (no suicide attempts or self harm in past 12 months)

Northern answer

Patients who are aged 18 years or older who are motivated to lose weight and committed to attendance at regular appointments, with:

- BMI greater than 40kg/m²
- Newly diagnosed (within last 4 years) type 2 diabetes and have a BMI greater than 30kg/m²
- BMI greater than 35kg/m² and one or more of the following comorbidities:
 - Established (over 4 years) type 2 diabetes or previous gestational diabetes
 - Hyperlipidaemia uncorrected by maximum tolerated doses of Statins
 - Sleep apnoea
 - Gastro-oesophageal reflux disease (GORD) after assessment by GI surgeon
 - Severe Osteoarthritis requiring listing for joint replacement

- Intracranial hypertension
- Infertility in which weight is a barrier to therapy
- Non-alcoholic steatohepatitis (NASH)

Out of scope:

- Patients who are not registered with a Devon GP
- For under 18s consider a referral to paediatrics or a dietician
- Pregnant women
- Patients who are unwilling or unable to engage with the complexities of the service eg. activity psychosis, suicidal ideation severe learning difficulties

2. How many referrals this service has received in each year since 2017

Number of referrals for 'Health Promotion' in the period January 2017 - March 2023.

Northern and Eastern data combined, data supplied by DRSS

2017	260
2018	283
2019	389
2020	340
2021	473
2022	761
2023	156

3. How many of the patients referred have been treated with GLP1 agonists, for example liraglutide

We cannot provide the full answer to this since patients are usually already on the meds when they are seen and if a Consultant thinks someone needs to be prescribed them, they ask the GP to do so rather than prescribing themselves.

4. How many of the patients who were a) referred to the service and b) treated with a GLP1 agonist, have a diagnosis of Severe Mental Illness. This information should be available from Hospital Episode Statistics if you do not hold it elsewhere. For the purposes of this study, we define serious mental illness by the ICD 10 codes below:

- F20-29
- F30-31
- F32.3
- F60-61

See answer to question 3

5. How many of the patients who were a) referred to the service and b) treated with a GLP1 agonist, have a diagnosis of Learning Disability? This information should be available from Hospital Episode Statistics if you do not hold it elsewhere. For the purposes of this study, we define serious mental illness by the ICD 10 codes F70-79

See answer to question 3