***What about Bariatric Surgery?***

There are National Guidelines for bariatric surgery. Individuals must be aged 18 to 44 years, have a BMI between 35-50 kg/m2, and have had diabetes for less than 5 years. All individuals must have completed the programme offered by this service which supports people before and after surgery.

Individuals who do not meet these criteria but feel that bariatric surgery is their only remaining option have found this service useful in offering new approaches to weight management.

***Special note: GLP-1s as part of a Specialist Weight & Health service***

There are two glucagon-like peptide-1 receptor agonist (GLP1-RA) medicines that are licensed for use in weight management in the UK. Both have been approved for use in Scotland by the Scottish Medicines Consortium (SMC):

**Liraglutide (as the brand Saxenda®)**  
In July 2023, a Scottish MSAN (Medicine Supply Alert Notice) stated that no new patients should be started on Saxenda® due to a national shortage. This is not expected to stabilise until at least mid-2024. Therefore, although accepted in principle, Saxenda® is not recommended for the treatment of weight management in NHS Highland.

**Semaglutide (as the brand Wegovy®)**  
This was due to be considered for the Highland Formulary in Dec 2023, however national advice to health boards is that GLP1-RAs are not added to formularies at this time.

**Therefore, currently there are no GLP1-RAs recommended for weight management in NHS Highland.**

NHS Highland’s Specialist Service has been working and will continue to work with national advisory bodies to develop patient pathways that are equitable for patients.

**More confident about making changes**

|  |
| --- |
|  |

**SPECIALIST WEIGHT & HEALTH SERVICE** (SWHS)

This leaflet gives information about the Specialist Weight & Health Service. It aims to help individuals and Referrers make an informed choice about accessing the service, or not.

***What is it?***

**Length and frequency of appointment times is key**

**I would recommend it to anyone**

This Specialist Service is part of the tiered approach to adult weight and health. Tier 2 supports people in the community. The Specialist service is a more individualised intervention. It supports large people (with a high Body Mass Index, BMI) and complex needs, by working together to achieve better health. The first session allows the Dietitian and individual to get to know each other. The person can then choose to opt in to work with the dietitian in 8 appointments over 6 months, towards:

* improving the quality, variety and quantity of the food eaten
* better understand internal cues of hunger and fullness
* recognition of emotional eating
* engaging in social activities
* engaging in physical activity
* building good self-worth, self-care and body respect

**You listened and it was non judgemental**

Throughout the programme an experienced Dietitian will work with you to achieve realistic goals to help you manage your weight.

***Who is it for?***

People who access the SWHS are large, and have two or more of the following:

**Video conferencing worked really well. It is a good way of doing it.**

* other medical problems
* tried many diets
* are emotional eaters
* binge eating or vomiting
* after bariatric surgery
* social isolation due to weight issues

The service is open to patients from all over the Highlands. Individuals are invited to come to the first appointment. People can attend remotely either by video conferencing facilities or Near Me - this is where people speak to the dietitian over a television screen either from a local surgery/hospital or home.

***How are patients referred?***

* Directly from Tier 2 by contacting SWHS email: nhsh.northhighlandcomunitydietetics@nhs.scot
* Through the SCI Gateway to your local dietetic department, or self-referral in Argyll and Bute.

This is an outcome focused service which is evaluated. People who have attended this service show improvements in diet; better symptom control e.g. blood pressure, resolved constipation; an overall increase in fitness; less negative.

***What patients say about the service***:

“I felt comfortable and I felt there was calmness”

“Not lectured, guided to find own solution”

“This is a more realistic approach, learnt more”

“I am eating a healthy diet; I am not eating from boredom or emotions. I am in control. I do not snack”

“Moving about more, not so sedentary, therefore aches in joints are less”

I did not have the belief in myself because I was always on a diet and it failed”

“I am eating a healthy diet I am not eating from boredom or emotions

in control. I do not snack”.

“Moving about more, not so sedentary, therefore aches in joints are less”.

“I did not have the belief in myself because I was always on a diet and it failed”.

“I felt comfortable and I felt there was calmness”

“Not lectured, guided to find own solution”

“This is a more realistic approach, learnt more”

“I am eating a healthy diet I am not eating from boredom or emotions, I am in control. I do not snack”.

“Moving about more, not so sedentary, therefore aches in joints are less”.

“I did not have the belief in myself because I was always on a diet and it failed”.

I felt comfortable and I felt there was calmness”

“Not lectured, guided to find own solution”

“This is a more realistic approach, learnt more”

“I am eating a healthy diet I am not eating from boredom or emotions, I am in control. I do not snack”.

“Moving about more, not so sedentary, therefore aches in joints are less”.

“I did not have the belief in myself because I was always on a diet and it failed”.