***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 currently no GLP1-RAs recommended for weight management in NHS Highland.**

Since the licensing of GLP1-RAs for weight management, NHS Highland’s Specialist Service has been working to develop local patient pathways with reference to a Once for Scotland approach and we will continue to work with national advisory bodies to develop patient pathways that are equitable for patients.

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**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**

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

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:

* other medical problems

**I would recommend it to anyone**

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

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.communitydieteticssm@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

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