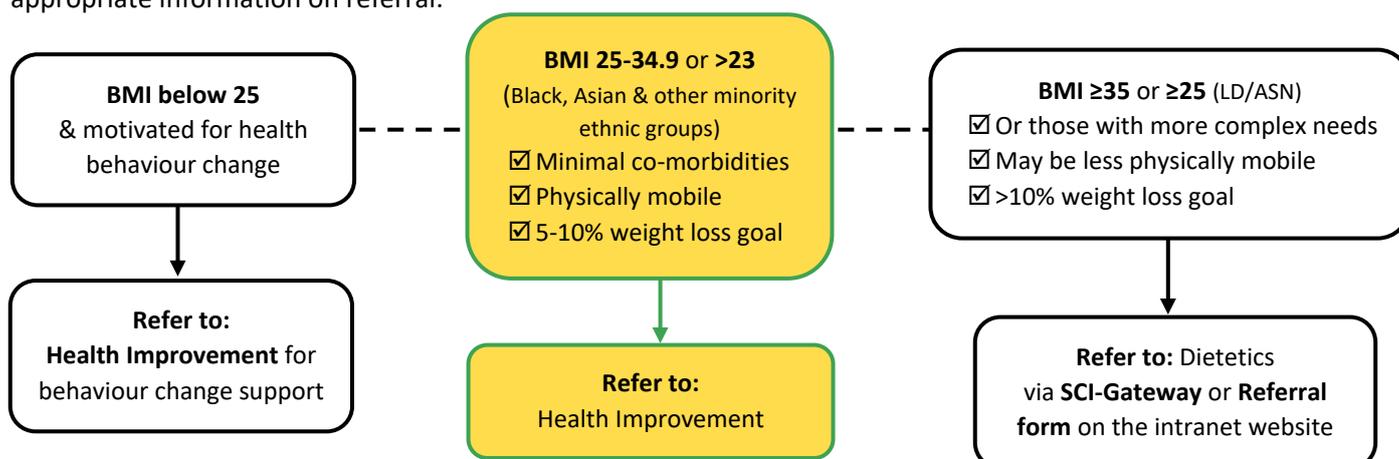


To improve Adult Healthy Weight Service delivery we are defining our referral process into programmes delivered by Health Improvement Team. To ensure patients are seen at the right time by the right service, it is important we have appropriate information on referral.



Referring to Health Improvement

- ✔ **Essential details** – at minimum (see table below)
- ✔ **Email: directly to Health Improvement Practitioner** attached to patient’s registered Health Centre
 - Unsure which practitioner? Email secure Health Improvement Team email: shet.healthshetland@nhs.scot and this will be picked up by Practitioners.
- ✔ **Referrals without the essential details cannot be accepted and will delay patient’s access to appropriate intervention.**

Essential Details (Referral cannot be accepted without these details)			
Your name & Role/Department (as referrer)			
Patient informed consent to referral?	Y / N	Do not refer if no patient consent	
Patient Name			
10-digit CHI number			
Registered health centre			
Daytime contact number must be contactable between 9am-5pm, weekdays			
	Measure	Date taken	Self-reported?
Current weight (kg)			Y / N
Height (m)			Y / N
BMI (kg/m ²) if BMI less than 25 or 35 or more; see guidance top of page			Calculate using above measures
Motivated to engage in regular review?	Y / N	If no, consider if referral is appropriate, discuss readiness to change & agree appropriate support	
Desirable Details (Will improve referral triage)			
Weight history Recent weight history (e.g. over the past 3-6 months)			
Relevant medical history (e.g. T2DM & date diagnosis)			
Relevant medications			
Any previous weight management interventions			
Reason for referral (if out-with referral criteria outlined)			

During 2020/21 work is ongoing to streamline adult healthy weight services to include a single point of referral for all programmes – we appreciate your patience with us during this time. If you have any questions or comments on the adult healthy weight process please do not hesitate to contact Fern Jamieson on fern.jamieson@nhs.scot.