

Changes to the Adult Weight Management Programme.

These changes are effective as of 1 July 2013

Dear Doctor,

This is to inform you that we have had to change our entry criteria for the Adult Weight Management Programme in the Waikato Diabetes Service secondary to the increasing demands on the programme. In addition, we are changing the focus of the programme to improve the outcomes of people newly diagnosed with type 2 diabetes. Given that younger people with type 2 diabetes will spend a greater portion of their lives with diabetes and hence have a higher risk of diabetes complications, we will be concentrating on patients who are 60 years of age or younger for the programme.

Therefore, as from 1 July 2013, we are only accepting referrals for patients with obesity (BMI of at least 30) and all of the following criteria:

- Type 2 diabetes diagnosed within the last 5 years
- Aged 18 to 60 years of age.
- Not previously participated in the adult weight management programme

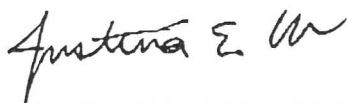
Optifast will no longer be used as a major tool for weight loss. Patients therefore require a lesser degree of medical supervision, and we will encourage them to utilise their GP as the primary source of medical assistance. However, as we have in the past, we will keep you informed if we do make any changes to treatment.

A copy of the revised referral criteria and referral form accompany this letter.

For those patients who no longer meet the criteria for the programme, you may consider referring them on to a community dietitian, the Weight Loss Clinic run by the Clinical Dietitians Department at Waikato Hospital, and/or the Green Prescription (run through Sport Waikato) instead.

Thank you.

Regards



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Adult Weight Management Programme Waikato Regional Diabetes Service

Revised Referral Criteria June 2013

The Adult Weight Management Programme (AWMP) is a programme geared towards improving the outcomes of people who have been recently diagnosed with type 2 diabetes with obesity. Outcomes are improved if positive health changes occur early on in the disease and before major complications become severe. Given that younger people with type 2 diabetes will spend a greater part of their lives with diabetes and, therefore, have a higher risk of developing diabetes complications early, we will be concentrating on adults who are 60 years of age or younger.

Patients are not required to have tried previous organised methods of weight loss (Weight Watchers, Jenny Craig, etc.) for referral.

This intensive 6 month programme utilises group education methods encompassing behavioural change, healthy eating principles, exercise and activity education and health education regarding obesity and type 2 diabetes. We no longer use Optifast as a major tool for weight loss. The programme entails weekly group sessions for 6 months with medical reviews at the beginning of the programme, at 3 months, 6 months, 1 year and finally at 2 years from commencing the programme.

Acceptance for evaluation is not synonymous with acceptance into the programme. Patients will be evaluated from both physical and mental health perspectives for appropriateness for the programme. When a patient is appropriate and willing, they will then enter one of the AWMP group programmes.

Patients who would not be appropriate for group education should not be referred to the programme. These patients should be referred to the Waikato Hospital Dietetic Services Weight Loss Clinic.

Please Use our Referral Form When Referring to our Service.

Please also keep in mind that patients will only be able to go through the group programme ONCE. Therefore, if the patient is not committed to undergo such a programme, it is best to defer the referral to a more appropriate time or consider referral to another service.

Referral Criteria - 2013

Absolute Requirements:

- BMI \geq 30;
- Diagnosis of type 2 diabetes within the past 5 years;
- 18 to 60 years of age;
- Desire to lose weight and is willing to make permanent behaviour and life changes to achieve sustained weight loss;
- Feels that he/she needs to and could lose weight with the support of the programme;
- Adherent to self blood sugar monitoring (when appropriate), medications, medical testing, and appointments;
- Able to attend all weekly group sessions and appointments;
- Has not previously attended the Adult Weight Management Programme.

Exclusion Criteria:

- Pregnancy;
- Lactation;
- End Stage Liver Disease (Stage 3-4 of Cirrhosis);
- End Stage Renal Disease (Cr >250) (May consider if already on dialysis);
- Conditions with a high catabolic state;
- Active illicit drug and/or alcohol abuse/dependency and not treated or not treated for a sufficient duration to prove stable abstinence (minimum of 1 year);
- Unstable mental illness and not treated or not treated for a sufficient duration to prove stability (minimum of 1 year);
- Significant risk issues to self or others, and absence of appropriate support system;
- Active bulimia that is not treated or not treated for a sufficient duration to prove stable abstinence of bulimic behaviour (minimum of 1 year);
- Serious interpersonal issues which would disrupt patient group sessions (e.g. difficulty managing anger, violent and anti-social behaviour);
- Deficits in intellectual functioning to such a degree that patient group education would be inappropriate;
- Does not attend appointments.

Revised June 2013