

Introduction of a Biopsychosocial Assessment to the Adult Weight Management Service

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Level 3 Adult Weight Management Service – Who?

Presence of physiological or psychological comorbidities (92%)

Moderate to severe levels of psychological distress (57%)

Adverse Childhood Experiences (>50% had at least 1)

Poor wellbeing (63%)

Multiple previous attempts to manage weight

What we had.....

- Single profession assessment
 - Multiple appointments to assess need
 - Duplication of assessments
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- All Wales Weight Management Pathway launched by WG in 2021



All Wales Weight Management Pathway, 2021

Level	Description	Criteria	Referral
3	<p>Specialist multi-disciplinary weight management services</p> <p>Specialist multi-disciplinary assessment and specialist interventions delivered by the multi-disciplinary team (MDT), including: medical, dietary, psychological, pharmacological and physical activity/mobility interventions. Progress is monitored and reviewed by the MDT. Those eligible for a bariatric surgery assessment are identified and referred to level 4.</p>	<p>BMI ≥ 40 kg/m²</p> <p>BMI ≥ 35 kg/m² with co-morbidities⁺/ significant additional considerations⁺⁺/both</p> <p>Lower criteria by 2.5 kg/m² for people from black African, African-Caribbean and Asian groups.</p>	<p>Referral by a health care professional</p>

What we did.....



Introduction of a multidisciplinary biopsychosocial (BPS) assessment as the first appointment within the Level 3 AWMS



Full range of professionals within the MDT



Reduce number of appointments to assess needs



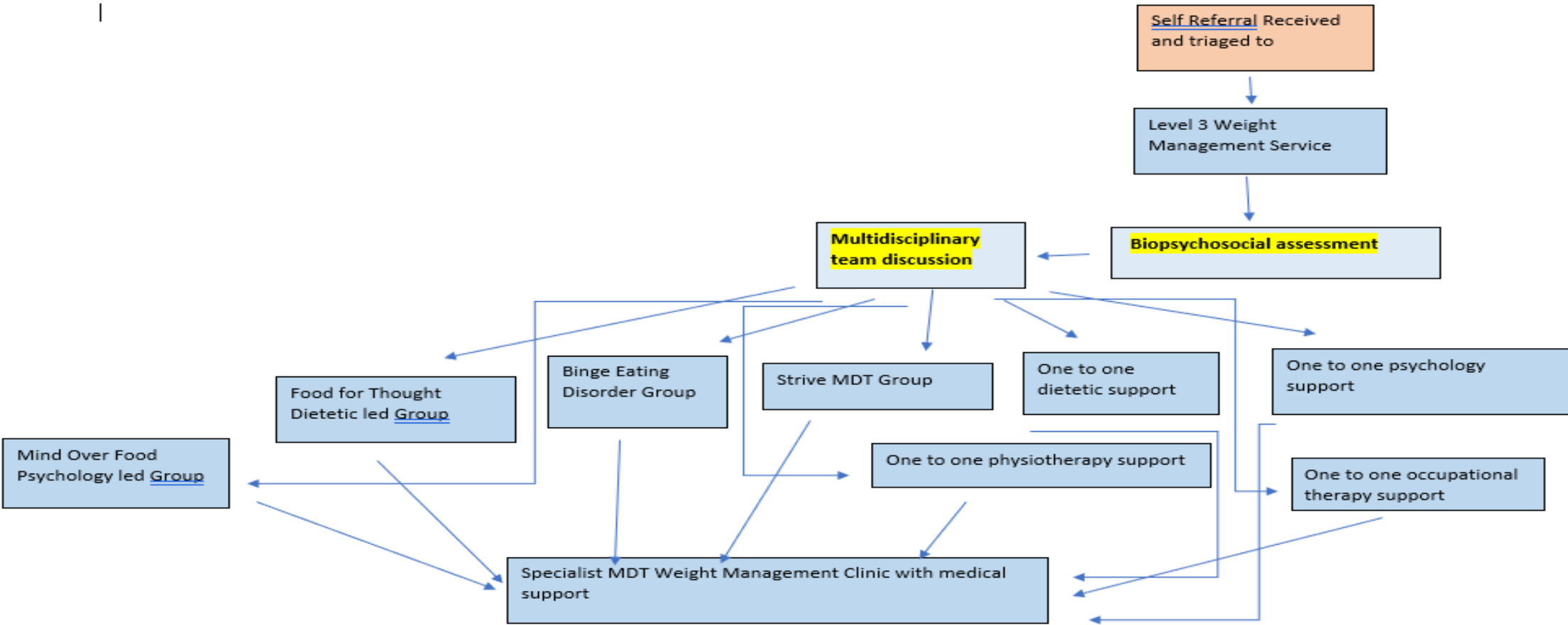
Reduce duplication



Service users tell their story at one time, in one place, to one person



Level 3 Weight Management Service



Impact of biopsychosocial assessment

253 people attended a biopsychosocial assessment in 12 month period

100% had weight related needs identified in 1 appointment

Cost effective –

- Savings of £15 - £30 per service user compared to single profession assessment
- Savings of £36 - £49 per service user compared to multiple profession specific assessments.

Staff development

Service development –
new interventions



Service User Experience



'I felt validated and a clear lack of feeling judged was hugely beneficial to my ability to open up and divulge some extremely personal, traumatic information about my history.' Service User

Figure 1: Thinking about your appointment today, did you feel you were listened to and understood?

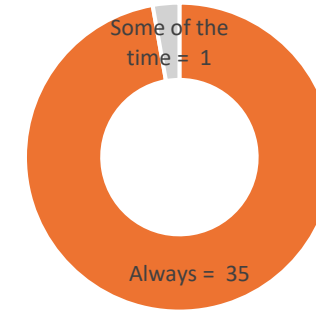
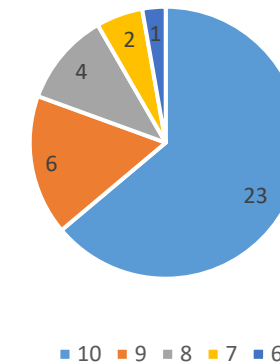


Figure 2: Service user's experience on a scale of 1 - 10 (1 = very poor, 10 = very good)



Service user quotes

I felt very comfortable and very quickly had a positive rapport with the lady I dealt with. I was listened to and not judged

X was very patient with me and really understanding which made it a lot easier to talk about sensitive subjects



I felt extremely anxious about the meeting but during its course I was made to feel at ease and was really listened to, also that my situation was fully understood.

X listened with compassion and was very kind

Listened to me and didn't make me feel embarrassed.

Next steps



Evaluation of interventions



Further service user experience data



Streamline administrative processes to increase service capacity

Thank you for listening