

Dietitians in Obesity Management, UK

DOM UK

Newsletter

Spring 2014

Issue 09

Letter from the editor

Spring is here and the daffodils are in bloom.

Hope you are all looking forward to a great summer

Lucy (PR officer)

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Upcoming Events

ASO – Association for the Study of Obesity

The Association for the Study of Obesity (ASO) will be holding its first two day Annual National Congress at the University of Birmingham. Confirmed keynote speakers include:

- **Professor Ian Macdonald**, University of Nottingham
 - Are all calories equal?
- **Professor Julian Hamilton-Shield**, University of Bristol
 - Winning hearts and minds: does the family view childhood obesity seriously enough
- **Dr Giles Yeo**, University of Cambridge
 - Can we blame our genes when our jeans don't fit?
- **Professor John Blundell**, University of Leeds
 - Exercise and Appetite: casualties of the energy balance wars

Date: September 16th -17th 2014.
Time: 9:00am - 5:00pm
Venue: University of Birmingham
Cost: £276 for ASO members (£300 for non-members)

BDA – Introduction to writing a conference abstract

This course is an introduction to writing a conference abstract. The half day workshop will look at writing a research abstract which may be submitted as an original communication at a conference, in particular to a BDA organised event such as the research symposium.

- To enable dietitians to develop skills in abstract writing which will enable them to submit their research, audit or service evaluations as original communication at conferences.
- To encourage dissemination of their work and participation at BDA and external events.
- To provide constructive criticism of abstracts and posters in a friendly, non-threatening environment.

Date: June 16th 2014.
Time: 12:30pm – 4:30pm
Venue: BDA offices, Birmingham
Cost: £35 for BDA members (£60 for non-members)

News from the Committee Meeting

A summary: March 2014

Lucy Turnbull – Public Relations Officer



PEN: Practice-Based Evidence in Nutrition

Website

Chuck the junk campaign

Training update

NICE

AOB

Below is a summary of our March Committee meeting:

We have our teams working on 3 questions to be submitted to PEN:

- Energy equation question
- Reducing sugar content of drinks question
- Role of VLCDs in obesity management

A new DOM UK website will be launched that will be integrated with the new BDA website (due for launch on 8th April 2014). A date for the new website to be launched is not set but we will let you know when it is. The DOM UK team are currently going through information on the current website to see what needs transferring over.

Hilda presented the campaign at the TUC conference last week. The notion received a very positive response and was voted through unanimously as a resolution and 3 other unions stood up to present and support the notion. Hilda also presented to support a breastfeeding notion.

The training officer are currently planning the next DOM UK study day which will be looking at Childhood obesity including the area of bariatric surgery in children and safeguarding issues. So keep your eyes open for this exciting event.

Hilda Mulrooney has been working hard responding to lots of NICE consultations on behalf of DOM UK and its members. Hilda always welcomes comments from members and happy to submit on your behalf, so keep a look out in your in-boxes for the next consultation documents.

DOM UK has been shortlisted for BDA specialist group of the year – See page..... for reasons why we were shortlisted!

Don't forget to sign up to your linked-in DOM UK group. This has taken over the list-serv and is a great way to network with your colleagues. See page<< for more joining instructions.

Get to know your Committee Members

Introducing: Linda Hindle



Each newsletter will be profiling one of our Committee members so you get to know your DOM UK committee better.

This edition we want to introduce :

LINDA HINDLE (DOM UK Chair)



Linda Hindle is Lead Allied Health Professional with Public Health England with responsibility for championing the contribution of the 12 Allied Health Professions across England to improving public health.

Prior to this Linda developed, grew and managed the Birmingham Community Nutrition and Dietetic Service for 10 years before becoming one of 10 Consultant Dietitians across the UK in 2005. She has led the development and commissioning of Birmingham's obesity strategy over several years.

Other leadership roles have included Professional lead for Allied Health Professions in Birmingham Specialist Community Health Trust; and Professional Executive Committee member and Clinical Director in Eastern Birmingham Primary Care Trust. Linda is an active member of the British Dietetic Association, currently a board member for BDA England; Chair of DOM UK, the British Dietetic Association's specialist group for obesity and a BDA media spokesperson.

Linda has driven the partnership between DOM UK and The Children's Food Campaign to push for Junk free Checkouts. Linda has appeared in many media outlets promoting the campaign including

Development of an Obesity Care Pathway

Claire Harris¹, MSc, BSc (Hons), Dip.N, RN, Joanna Weston¹, MSc, PG Dip, BSc (Hons), RD, Helen Gibbs² BCapS, BSc(Hons), PG Dip Diet, RD, Dr Adrian Park¹, PhD, MRCP, FRCPath

Submitted by Jo Weston (DOM UK training officer)

An Obesity Care Pathway provides care and support and is imperative to ensure that patients receive the right care, at the right time, in the right place and by the right person. Below outlines Cambridge Community Services obesity care pathway.



Care pathways ensure patients receive the right care at the right time

Monthly referral management meetings were held

Jo Weston is a member of the DOM UK Committee

Obesity is a chronic disease with important health and psycho-social consequences. It is estimated that currently two-thirds of adults and a third of children are either overweight or obese, and unless effective action is taken the rates will continue to escalate (Foresight, 2011).

Primary Care Trusts (PCTs) (and now Local Authorities) are expected to develop strategies that include both preventative measures, and services to manage those who are already overweight or obese. An Obesity Care Pathway provides care and support and is imperative to ensure that patients receive the right care, at the right time, in the right place and by the right person. It is a framework or tool to ensure local implementation of national guidance and evidence, ensure services are aligned with local need, reduce variations in quality of care, to provide an equitable service and to provide a framework for ongoing monitoring and evaluation of the weight management and obesity services. (Pheasant & Enock, 2010),

Cambridgeshire Community Services NHS Trust Nutrition & Dietetic Service is a community based dietetic service providing care for all of Cambridgeshire. The Level 3 Obesity Service at Cambridge University Hospitals NHS Foundation Trust (CUHNFT) is a well-established service with >10 years experience. In 2011, these two separate services were commissioned by NHS Cambridgeshire to collaborate in the development and delivery of an Obesity Care Pathway for Cambridgeshire.

METHOD

Following a gap analysis, in June 2011 NHS Cambridgeshire commissioned a pilot obesity care pathway. The aim was to utilise the two existing services within Cambridgeshire in order to develop and deliver the Level 2 and 3 tiers of a new county-wide obesity care pathway.

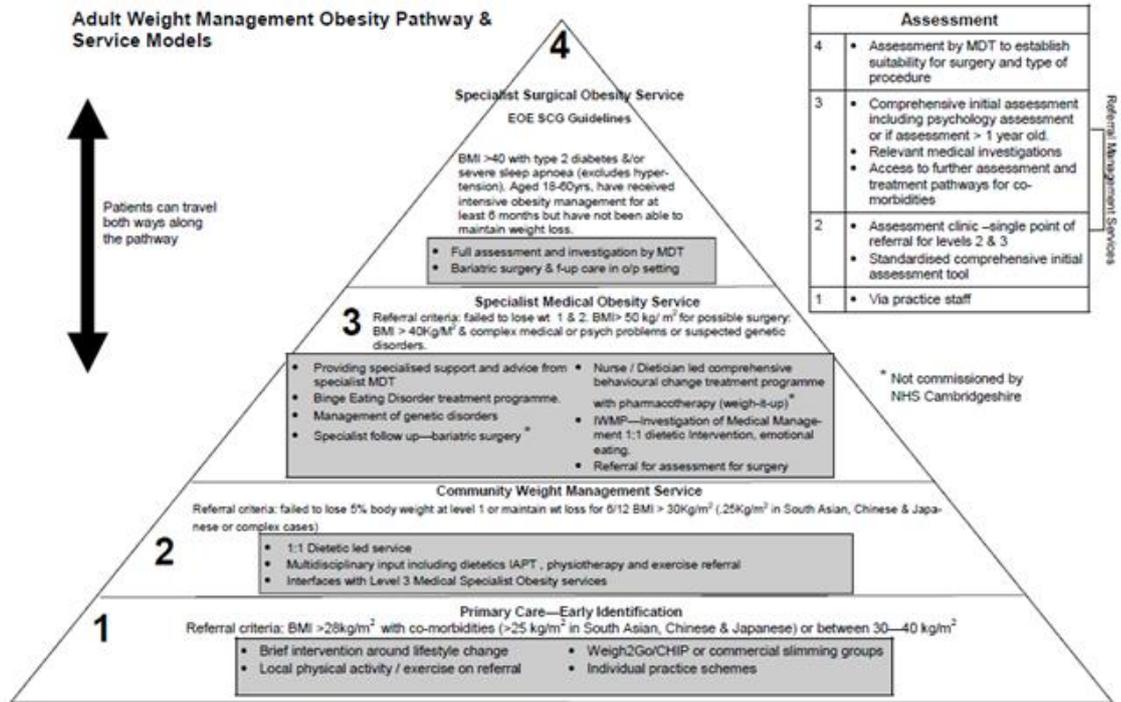
After detailed discussion the pathway pyramid of care was developed (Figure 1). GPs used a standardised referral form that was forwarded to Level 2 for triaging into the different services based on an agreed set of standards reflecting clinical complexity. Patients were categorised into Level 2 patients, Level 3 patients or patients needing discussion at the monthly Referral Management Meeting (RMS) where the referral documentation was discussed and patients assigned to the appropriate service levels (Figure 2).

Development of an Obesity Care Pathway

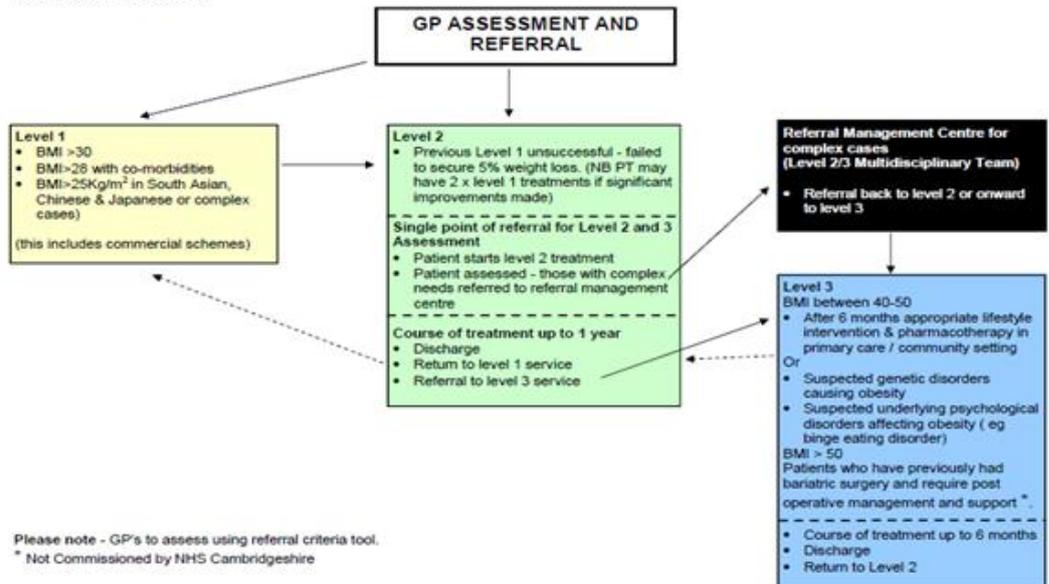
Claire Harris¹, MSc, BSc (Hons), Dip.N, RN, Joanna Weston¹, MSc, PG Dip, BSc (Hons), RD, Helen Gibbs² BCAPs, BSc(Hons), PG Dip Diet, RD, Dr Adrian Park¹, PhD, MRCP, FRCPath



Figure 1 and Figure 2



Adult Weight Management Service The Patient Pathway



Patients could seamlessly transfer between tier 2 and tier 3 services

Case Study

RESULTS

Since start-up in June 2011, some 350 patients have been referred through the level2/3 interface, with approximately 200 patients progressing to the level 3 service. Monthly meetings between both teams allowed for discussions around referrals, ensuring patients seamlessly transferred between both tiers. The meetings also provided an opportunity for senior medical colleagues to provide clinical support to the community team and to enhance the way the two tiers work together. The largest challenges have been obtaining completed referrals and a lack of shared IT facilities.

The Obesity Care Pathway has received positive feedback from patients, and from primary care staff. There has been feedback concerning the complexity of the referral process: this is currently being reviewed as part of an ongoing detailed service evaluation.

Examples of the success of the pathway are highlighted in the following cases:

Case 1: *A 34 year old male had been seen in the community service for several years. His weight had increased to 185kg, BMI 63.0kg/m². The patient had had significant weight gain from his teenage years after he was diagnosed with a paranoid state requiring long-term anti-psychotic therapy (aripiprazole). Significant concerns were raised about the underlying aetiology of his obesity by the community team as the patient was thought to exhibit some dysmorphic features.*

Following discussion at the RMS the patient was assessed in the level 3 service in the autumn of 2012. It was agreed that the patient appeared dysmorphic (the patient had apparent microcephaly), as well as hypogonadotropic hypogonadism. The patient has been referred onwards for sleep studies and for endocrine investigation. The family and the patient were given further lifestyle modification guidance. The patient declined any genetic screening. At a subsequent RMS the patient was referred back to level 2 and his weight has now stabilised in the community.

Development of an Obesity Care Pathway

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Pathway is effective and helpful in managing the care of obese patients.

Case 2: A 48 year old ♂ following referral was triaged into the level 3 service in September 2011. His weight was 147.8 kg and BMI 47.0 kg/m². The patient had a history of type 2 diabetes and hypertension and was treated with Atenolol 50 mg od, Bendroflumethiazide 2.5 mg od, Candesartan 32mg od, Metformin 1G bd, Pioglitazone 30 mg od. After assessment the patient was placed on the Intensive Weight Management Programme (IWMP) (Weston et al, 2011; Harris C et al, 2012). In total the patient lost 50.0kg on the IWMP and was successfully removed from all the above medication with normalisation of the patient's HbA1c. The patient was discharged at the RMS to the level 2 service in September 2012 and since then his weight has been stabilised in the community (weight 103.1kg in March 2013).

CONCLUSION

We have shown that by working together in the planning, development, implementation and evaluation phases two different services have created a pathway that is an effective and helpful tool for managing the care of obese patients within Cambridgeshire.

References:

- Foresight (2007) Tackling Obesities Future Choices, London: Department for innovation, Pheasant & Enock
- (2010) Public Health Action Support Team Obesity Care Pathway Support Package, London
- Weston J et al/ ECO poster presentation 2011, Harris C et al/ ECO poster presentation 2012

DOM UK for BDA Annual Group and Branch Award

Written by: DOM UK Committee

Name: Dom UK Committee

DOM UK have recently been shortlisted for the BDA Annual Group and Branch Award. Below is a summary of the hard work we have done over the last year and why we believe we should win!!



**Supported
BDA Live**

**Worked
with PEN**

***Listened to
members
with a
survey to
find out
what they
want from
DOM UK***

BDA Engagement

DOM UK has been an active supporter of the BDA business and worked with the BDA on joint initiatives. We enthusiastically supported BDA Live by developing a creative exhibition in the Pavilion and delivering a presentation on Junk Free Checkouts. We enjoyed the collaborative approach with the BDA in the run up, during and after the event. DOM UK benefited from the social media coverage as it supported our campaign and we were able to reciprocate by creating material of interest. We will be working with the trade union to present a motion on junk free checkouts at the Trade Union Congress Women's Conference in March and the main TUC conference in September

We have worked collaboratively with the BDA on PEN questions on Energy requirements, Very low energy diets, Group interventions for obesity and reducing sugar in sweetened beverages. We are developing the energy equation work into a publication for the Journal of Human Nutrition and Dietetics, an article for Dietetics today and a BDA Policy Statement.

Membership Engagement

DOM UK conducted a survey of members in early 2013 to understand how we could best serve our members. We learned that communication was important as were our study days. As a result we have developed a Linked In group, increased the number of group emails sent out to members, put more work into our newsletters and contributed to dietetics today. One of our drivers to undertake the Junk free checkouts campaign was to create a piece of work which would resonate with all our members and which would enable them to participate to whatever level they chose. Many members of DOM UK (and the wider BDA) have supported the campaign by giving out checkout test cards, participating in our store audit or sending off letters to retailers. We have provided frequent updates on the progress of the campaign and how members can help. With the help of the BDA team we have also made use of twitter and the BDA web site

Members told us they want to hear more of what we are doing and to have a forum to discuss issues. In the past our list serve met this need, although this is no longer well used, mainly due to infrastructure issues with many NHS net accounts not accepting Yahoo accounts. As a result we have started a new Linked In group for DOM UK.

We ran a successful study day in Sept 2013 in partnership with DMEG; this was fully subscribed and evaluated well overall. There were some logistical issues linked to the timing and room layout which will be taken into consideration when planning our next event which is to be in partnership with the paediatric group. We have an SLA with the BDA to facilitate smooth organization of study days

Lobbying/Influencing/Campaigning/Profile Raising

DOM UK and the Children's Food Campaign launched Junk Free Checkouts in September and since then we've had a whirlwind of activities and quite a few successes.

DOM UK for BDA Annual Group and Branch Award

Written by: DOM UK Committee



***Keeping DOM
uk in media
and raising the
profile of
campaigns we
have worked
on through TV,
Radio and
newspapers***

**DOM UK
has
worked on
many
projects in
the last
year**

During the launch week the media coverage was fantastic with appearances on BBC Breakfast, Radio 5 Live, various regional radio stations, national newspapers and trade press. Our survey conducted through partnerships with Slimming World and Birmingham City Council created a human interest and made it difficult for anyone to argue with what we were trying to achieve, when 80% of people said they were unhappy about junk at checkouts and 3 quarters admitted giving in to pester power from their children.

Dietetic colleagues showed their support for the campaign at the DOM UK / DMEG study day and at BDA Live with many pledging to use our checkout test cards. The campaign was also featured in delegate packs at Nutrition and Health Live.

We are honoured to have been asked by the BDA trade union to present a motion about Junk Free Checkouts at the TUC Women's conference in March and full TUC conference in September.

More recently we have celebrated Lidl's announcement to make all of their checkouts Junk Free. Incidentally Lidl have also highlighted that the financial impact of removing junk from checkouts in their pilots has been minimal which we hope will spur other retailers to follow suit. Tesco have also made positive moves, their big stores already have junk free checkouts and they are considering changes in smaller stores too.

The next phase of our campaign focuses on influencing the head offices of major supermarkets. We have developed a tool to make it very simple to write to the chief executives of retailers through the click of a few buttons – check this out soon on our web site www.junkfreecheckouts.org

Projects

DOM UK has undertaken 3 major pieces of work over the last year in addition to our campaign and day to day work.

PEN Questions

We have worked with the BDA to develop and commission responses to 4 PEN questions related to obesity. These were chosen because they are important questions being asked by our members and the wider BDA. These are at different stages. Our question on energy equations for obese clients has been presented at our DOM UK / DMEG study day. We are developing a paper for the Journal of Human Nutrition and Dietetics, a BDA policy statement and an article for dietetics today to disseminate the results to the wider profession in addition to inclusion on the PEN database.

Our question on the contribution of sugar sweetened beverages to energy consumption is also being written up as a journal article and a BDA policy statement developed.

Specialist input to consultations

DOM UK makes a concerted effort to have our voice heard as a respected contributor to science and policy related to the dietary management of obesity. Hilda Mulrooney coordinates our responses to NICE consultations and ensures we have a voice on relevant pieces of work.

DOM UK for BDA Annual Group and Branch Award
Written by: DOM UK Committee



***And worked in
partnership***

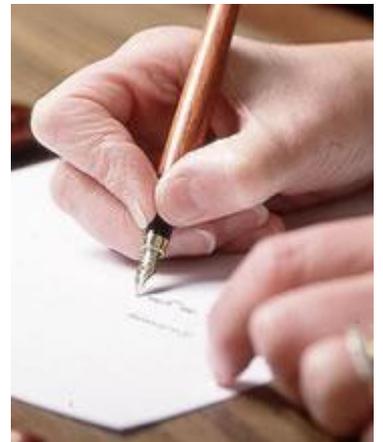
Update of DOM UK resources in partnership with NDR-UK

We have worked with NDR-UK to review and update our weight management patient resources. This has been carefully project managed and has involved DOM UK supporting the process technically as well as through engagement with our members, consultation and testing. The PEN conclusions regarding the most appropriate predictive energy equations to use in the obese population has informed our review, and based on feedback from our members, we aim to make the resources more adaptable with regard to macronutrient composition for a given energy prescription. We expect the updated resources to be available by summer 2014.

CAN YOU HELP?

Dom UK Newsletter is looking for:

- examples of best practice
- case studies
- examples of new services
- book reviews
- journal reviews
- study day reviews



This is a fantastic opportunity to share experiences as well as contribute to your Continual Professional Development.

If you would like to contribute please contact: prdomuk@gmail.com