

Accessing Adult Weight Management Services in Powys

From April 2024, you will be able to send all Adult Weight Management Referrals for Powys to “Weight Management Service” on WCCG providing a single point of access for level 2, 3 and 4 services for Powys.

All referrals sent via “Weight Management Service” will be triaged and directed to the most appropriate level. This will ensure that we are able to provide the best support and care for each individual.

Before making a referral, please ensure you have read through the information below.

We are unable to accept weight management referrals for pregnant individuals. For these cases, please seek advice from Powys.Dietetics@wales.nhs.uk instead.

We are unable to accept referrals specifically seeking weight loss medication at this time - further information will be provided if this situation changes.

Information about the different Weight Management services in Powys is given on the next page.

Access to Level 4 (Bariatric) services is **only** available following engagement with the Level 3 service in Powys.

If you are intending to refer to Level 3 or 4, please note that there are requirements for specific diagnostics to have been completed before the referral can be considered. These are given on the next page.

Please note that referrals will be declined if:

- The person’s health condition does not fall within our remit
- They have an unmanaged drug or alcohol problem
- The person has already been referred elsewhere for the same condition
- The person is awaiting investigations for same presentation
- The person has an untreated serious mental health problem
- The person is under 18

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Level 2 Weight Management services are provided by the Powys Dietetic Team and include options for practical support and advice such as Foodwise for Life, access to free Slimming World vouchers, Get Cooking, one- to-one support with a dietetic assistant practitioner and referrals to the National Exercise on Referral Service.

We will accept referrals for those with a BMI of 25 or above.

Level 3 Weight Management services are provided as part of the Powys Living Well Service and includes several group options following an initial assessment. The Level 3 service uses a multidisciplinary team approach to holistically address the needs of the individual. Our multidisciplinary team consists of Psychologists, Physiotherapists, Dietitians, Nurse and GP.

We accept referrals for those with a BMI of 40 or above (35 and above with 2 co-morbidities).

When making referrals to Level 3, please note that the information below must be provided before the referral can be considered.

Clinical Tests	Blood tests within the last 12 weeks
• Current Body Mass Index	• Full blood count
• Blood Pressure	• HbA1c
• Psychological / Psychiatric History	• Liver and Renal Function in ALT
• GAD and PHQ-9	• C reactive protein
• 12 Lead ECG	• Fasting Lipid Profile
• Sleep apnoea screen	• Thyroid function test in TSH
• Motivation to change	

Level 4 Weight Management services are only accessible following engagement with the Level 3 services provided by the Powys Living Well Service.