

What about Bariatric Surgery?

There are National Guidelines for bariatric surgery. Individuals must be aged 18 to 44 year, have a BMI between 35-50kg/m², and have had diabetes for less than 5 years. All individuals must have completed the programme offered by this service which supports people before and after surgery.

Individuals who do not meet these criteria but feel that bariatric surgery is their only remaining option have found this service useful in offering new approaches to weight management.

What patients say about the service:

“Once a fortnight was good for goal setting and achievement of goals”

“Could say that I was an emotional eater.”

“I felt comfortable and I felt there was calmness”

“Not lectured, guided to find own solution”

“This is a more realistic approach, learnt more”

“I am eating a healthy diet I am not eating from boredom or emotions, I am in control. I do not snack”.

“Moving about more, not so sedentary, therefore aches in joints are less”.

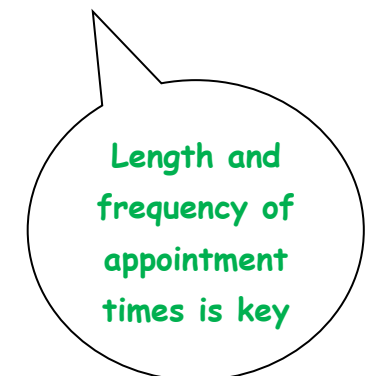
“I did not have the belief in myself because I was always on a diet and it failed”.

“This is not a diet, I never ate fish before now I love salmon and eat it. I try new foods and recipes”.



SPECIALIST WEIGHT MANAGEMENT SERVICE (SWMS)

This leaflet gives information about the Specialist Weight Management Service. It aims to help Individuals and Referrers make an informed choice about accessing the service, or not.




Mairi Wotherspoon RD	Specialist Weight Management Service
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What is it?

This Specialist Service (Tier 3) is part of the tiered approach to weight management. Tier 2 supports people in community; Tier 3 is a more individualised intervention. It supports large people (with a high Body Mass Index (BMI)) and complex needs, by working together to achieve better health. The first session allows the dietitian and individual to get to know each other. The person can then choose to opt in to work with the dietitian in 8 appointments over 6 months, towards:

- improving the quality, variety and quantity of the food eaten
- better understand internal cues of hunger and fullness
- develop emotional resilience and reduce emotional eating
- achieve a level of social interaction which supports mental and physical wellbeing
- engage in physical activity
- building good self worth, self care and body respect



You listened
and it was
non
judgemental

Throughout the programme an experienced dietitian will work with you to achieve realistic goals to help you manage your weight.

Who is it for?

People who access the SWMS are large, and have two or more of the following:

- other medical problems
- tried many diets
- are emotional eaters
- binge eating or vomiting

- social isolation due to weight issues
- attended a Community group but would like more individual support
- after bariatric surgery

Where is the service based?

The service is based in Nairn Town and County Hospital, and various locations in Argyll and Bute. It is open to patients from all over the Highlands. Individuals are invited to come to the first appointment and can continue to attend in person or by video link/Near Me or telephone.


How are patients referred?

- directly from Tier 2
- or through the SCI Gateway
- or email to:

nhsh.communitydieteticssm@nhs.scot

- or self referral in Argyll and Bute.

This is an outcome focused service which is evaluated. People who have attended this service show improvements in diet; better symptom control eg. blood pressure, resolved constipation; an overall increase in fitness; less negative.



Near Me worked
really well. It is
a good way of
doing it.