



Berkshire Healthcare NHS Foundation Trust
Royal Berkshire NHS Foundation Trust

Bariatric Surgery: Weight Management Programme Patient Passport

Welcome to your personalised pathway
through the Weight Management Service

It is really important that you bring this passport with you to all of your appointments with the team. At each appointment the person that you are seeing will sign and date the relevant section.

This passport enables the team to ensure that you see the right people at the right time. This should make your journey through the Weight Management Service clear and easy to follow.

Your contract with us:

I, _____ agree that I will comply with the following:

- Lose required amount of weight
- Stop smoking
- Reduce my alcohol consumption
- Attend all required appointments and assessments
- Take the medication and vitamins as directed by a consultant or pharmacist

Required / NA

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I understand that if I miss or reschedule more than two group sessions I will be discharged from the Weight Management Service.

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Signature _____

Useful contacts

Centre for Diabetes & Endocrinology:	0118 322 8811
Marika Fawcett (Patient Pathway Co-ordinator):	0118 322 7969
Sarah Harding (Asst Patient Pathway Co-ordinator):	0118 322 7969
Bariatric Nurses:	0118 322 6890
Bariatric Dietitian:	0118 322 7116
Clinical Health Psychologists:	0118 929 6474

Assessment:

	Initial & date
Nurse Information Session	
Height	
Body Mass Index (BMI)	
Weight at assessment	kgs
Pre-op weight loss goal	kgs
Assessment with physician / surgeon	
Assessment with dietitian	
Assessment with psychologist	
1:1 follow-up needed?	

Other health issues

Blood pressure	
Diabetes	
Sleep apnoea	
Anti-Coagulation	
Other	

Preparation session:

	Initial & date
Preparation session 1	
Preparation session 2	
Preparation session 3	
Preparation session 4	

Virtual medical MDT / Follow-up clinic	
Weight loss goal achieved	Yes / No
Final meeting with surgical MDT	

FAQ:

Q: *Why do I have to see so many people / why does this process take so long?*

A: Each person that you will see plays an important role in preparing you for your surgery. We know that the more prepared you are before your surgery the easier you will find it to manage your gastric band or bypass.

Q: *Does this mean that I will definitely be having surgery?*

A: Not necessarily. You have been given this passport because on the basis of your first assessment we think that you are a good candidate. However, we need to ensure that funding is available for you and that there are no other problems that would mean you are not suitable for surgery. We will keep you as informed as possible, but please don't hesitate to ask questions at any time.

Q: *What if I'm not sure I want to have surgery?*

A: It is your decision whether or not you have the surgery and you will not be pressured by the team. We suggest you discuss this with the clinical team on the above contact numbers; however we will need a decision from you within 3-6 months.

Useful web links

British Obesity Surgery Patient Association www.bospa.org.uk

For more information about the Trust visit www.royalberkshire.nhs.uk

Created by C Towner, Weight Management Service, April 2019

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