

Outpatient Dietetic Service Weight Management Referral Form

PLEASE NOTE: We can only provide a dietetic service to patients registered with a **Somerset GP with** either a **Body Mass Index (BMI)** of

a.) **>35kg/m²**

b.) **>30kg/m² with comorbidities. Recognised comorbidities include cardiovascular disease, high blood pressure, high cholesterol, diabetes, idiopathic intracranial hypertension, obstructive sleep apnoea, osteoarthritis, and non-alcoholic fatty liver disease.**

If you are overweight (>25kg/m²) but do not meet the above criteria, please visit the Healthy Somerset website at www.healthysomerset.co.uk/weight/ for further information on weight loss programmes in your area.

The service provides specialist advice to support people that wish to lose weight and have a BMI of at least 30kg/m². This sheet should be completed if you are finding it difficult to lose weight after implementing the dietary advice recommended in the webinars.

This is a new service so we would welcome any feedback on your experience of accessing this service and using this form to improve our offer to patients. Please send any comments to the email address overleaf. Thank you.

Patient Details

Name		DOB	
Address			
Postcode			
Email		Telephone Number	
GP Name			
GP Surgery Address			

Weight History

Date	Weight (kg)	Height (m)	BMI (kg/m ²)

PLEASE NOTE: We must have a current weight for this referral to be processed. If you do not have scales at home, please visit your surgery or local pharmacy to be weighed and measured.

You can use the [NHS BMI Calculator \(www.nhs.uk/live-well/healthy-weight/bmi-calculator/\)](http://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) to fill out the BMI section of the table.

Medical History

Do you have any of the following health conditions? Please tick all that apply.

Cardiovascular Disease

High Blood Pressure

High Cholesterol

Type 2 Diabetes

Idiopathic Intracranial Hypertension

Obstructive Sleep Apnoea

Osteoarthritis

Non-Alcoholic Fatty Liver Disease (NALFD)

Polycystic Ovary Syndrome (PCOS)

Other (please specify):

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PLEASE NOTE: If you have a BMI of less than 35kg/m² and do not have any of the above health conditions, your referral will be rejected, and you will not be offered an appointment.

Aims

Please state what you would like to achieve by seeing a dietitian.

Please fill in the form and either email* to dieteticsreferrals@somersetft.nhs.uk or post to:

**Community Dietitians, 1st Floor Bridgwater House, King Square, Bridgwater, Somerset
TA6 3AR**

*Please note that using public email services is not secure. Somerset NHS Foundation Trust cannot accept responsibility for any email correspondence until it reaches us. We will send you an acknowledgement to confirm receipt of your email. You may wish to consider sending your email encrypted. If you are in any doubt about sending your form by email, then you should post this to us at the address above.

Thank you for completing this form.

What happens next?

Once you have completed this form, please post it to the address above. Your referral will be triaged by a dietitian, and you will be offered an appointment, if appropriate.