

# City & Hackney Specialist Adult Weight Management Service – e-RS referral



## De-stigmatise

Talking about weight is sensitive and stigma faced by people living with obesity in healthcare is a barrier to accessing services and receiving help. Please take your time **to talk to your patient** about their difficulties, emphasising the complex nature of obesity. Explore their hopes and wishes. Refer them only if they are happy to receive support and are **ready and willing to engage** with weight management.



## Data quality

Detailed inclusion and exclusion criteria can be found on e-RS (RAS City & Hackney Specialist Adult Weight Management (T3) – St Leonard’s – RQX20) and on our referral form. Please be sure that you familiarise yourself with this information before making a referral. In addition to enclosing an **EMIS summary of medical history and medications**, please **fully complete the referral** form to include: **Weight, height, BMI, blood pressure, HbA1c** and details of **dietary approaches previously attempted**. We are not able to accept incomplete referrals and they may cause delays to your patient accessing care.



## Patient consent

If the patient has provided **verbal consent**, the relevant box is ticked on the referral form.



## Contacts

Email: [huh-tr.info-chsawms@nhs.net](mailto:huh-tr.info-chsawms@nhs.net)  
Phone number: 07342 068 741



## Assess risk

Measure patient’s blood pressure and ensure that they are **physically stable and suitable** to manage moderately intensive exercise. Highlight any **risks to self or others**. Advise if patient is suitable to be seen on a one-to-one basis.



High quality e-RS  
C&H Specialist  
Adult Weight  
Management  
referral