**East of England: Complications from Excess Weight (CEW) Clinics for Children**

**(lay title: *Healthy Futures Inspiring Change*)**

This new service is for children and young people aged 2 up to 17th birthday with significant health problems related to obesity as part of a 2-year NHS England pilot. The service will be provided by 2 centres:

* Norfolk and Norwich Hospital
* Addenbrookes Hospital, Cambridge

**Who is eligible?**

Key referral criteria (must meet all 3):

1. Child or young person (CYP) aged 2-16 with severe obesity

2. Significant obesity-related comorbidity that would benefit from weight loss

3. Family wants help to change lifestyle behaviours

High priority health complications include (but not restricted to): Type 2 diabetes (and impaired glucose tolerance/’pre-diabetes’), Obstructive Sleep Apnoea, Benign Intracranial Hypertension and Physical Immobility, and/or significant psychological distress related to living with obesity Note: CYP presenting with significant risk of harm to themselves or others, or moderate-severe psychological concerns affecting multiple domains of daily living will be redirected to local mental health services.

We will also consider referrals for CYP with less immediate adverse health implications with very severe overweight (\*BMI >3.5 standard deviations above the mean), such as raised liver enzymes and 'fatty liver', features of polycystic ovary syndrome, high blood pressure, high cholesterol and triglycerides.

*\*BMI centiles and standard deviation (z) scores can be calculated easily using the “Growth Charts UK-WHO” App (free download), or using RCPCH growth charts at:*

<https://www.rcpch.ac.uk/sites/default/files/2018-03/boys_and_girls_bmi_chart.pdf>

**We are only able to accommodate 100 patients at each site in our first year. Referrals will be triaged based on patient need and willingness to engage.**

For CYP who cannot be accommodated, advice for ongoing management will be provided to the referring paediatrician/GP,while awaiting the opportunity to accommodate such patients in future. We will also be setting up a network to support paediatricians and GPs in managing patients with obesity through sharing best practice guidelines and resources.

**What does it involve?**

Patients will be assessed by a multi-disciplinary team and then offered with dietetic and or psychology specialists, with support medical, nursing, family and social work staff. They will initially be offered intensive support (e.g. 2 weekly appointments). The length of the treatment program will be individualised and time limited. Follow-up sessions will be conducted remotely (by secure NHS video calls) where feasible.

**How to refer a patient?**

Please complete the **referral proforma below** and email to: *caron.leftley@nnuh.nhs.uk****(for the NNUH clinic)*** or*weston@addenbrookes.nhs.uk* ***(for the Addenbrookes clinic).***

We are happy to answer any pre-referral queries.

Notes:

* Please ensure the family are happy to be referred and agree to MDT engagement to change lifestyle behaviours.
* Inform that this is a pilot clinic and not all referrals may be accommodated at this stage.
* Many CYP live a significant distance from the two clinic sites, so referred CYP should also be under the care of a paediatrician local to them. We expect the local paediatric team will continue to support the CYP and their family, possibly by arranging local investigations, e.g. 24 hr blood pressure measurement and monitoring of any treatments.
* The referring or local paediatrician will remain responsible for safeguarding concerns with advice and support by the CEW team.

**Referral Proforma:** East of England Complications from Excess Weight (CEW) Clinics for Children (lay title: *Healthy Futures Inspiring Change*)

|  |
| --- |
| **Demographic**  |
| * Name
 |  |
| * NHS number
 |  |
| * Age
 |  |
| * DOB (dd / mm / yyyy)
 |  |
| * Address
 |  |
| * Phone number(s) +/- email
 |  |
| **Measurements** |
| * Height (cm)
 |  |
| - Height centile |  |
| * Weight (kg)
 |  |
| - Weight centile |  |
| * BMI (kg/m2)
 |  |
| - BMI SDS / z-score |  |
| * Date of measurement (dd/mm/yy)
 |  |
| * BP
 |  |
| **Complication(s) of excess weight** e.g. IIH/BIH, OSA, Impaired glucose tolerance, SUFE or significantly reduced mobility, significant psychological distress, NAFLD. **Please provide details to support the diagnosis or suspicion.** |  |
| **Relevant other history** e.g. developmental/learning/behavioural difficulties, social history, other illness or condition |  |
| **Previous weight management** e.g. community weight management (OneNorfolk etc.), dietetic assessment/support |  |
| **Safeguarding concern** |  |
| **Child and parents** **agree to MDT engagement to change lifestyle behaviours** |  |
| **Previous investigations (please enclose copy)**e.g. TFT, HbA1c, LFT, other relevant |  |
| **Local responsible paediatrician** and other key professionals involved |  |
| **Referrer** Name, Job Title, Trust/Practice and NHS email |  |

Please email this completed form to: *caron.leftley@nnuh.nhs.uk*(for the NNUH-based MDT) *or* *weston@addenbrookes.nhs.uk*(for the Addenbrookes-based MDT).