

# NHS North East and North Cumbria ICB

## Oviva Tier 3 Referral Pack

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# Oviva Tier 3 Eligibility Criteria

## NHS North East North Cumbria ICB



For North East North Cumbria, a two-tier medication policy is in place. Patients can access the 6-month diet and lifestyle pathway if they meet the inclusion criteria for entry; however, access to the medication pathway is assessed separately in line with the eligibility criteria defined by your local ICB, and we are required to follow these when determining a patient's eligibility.

### Inclusion criteria

- Age at least 18 years old
- Patients who have demonstrated that they have maximised primary care and community conservative management which must as a minimum

#### **BMI Criteria** -2.5kg/m<sup>2</sup> for ethnic minorities:

- **BMI ≥50kg/m<sup>2</sup>** (without evidence of compliance with Tier 2)
- **BMI ≥40kg/m<sup>2</sup>**
- **BMI ≥35kg/m<sup>2</sup>** **and** has **one or more** weight related co-morbidities (**complete list**):
  - Significant cardiovascular disease.
  - Patients with pre-diabetes (Hba1C between 42-47) and BMI over 40 (-2.5% other ethnicities).
  - Patients with type 2 diabetes (HbA1c over 48) and BMI over 40 (-2.5% other ethnicities).
  - Patients with BMI between 35-40 (-2.5% other ethnicities) with onset of Type 2 diabetes within 10 years'
  - Patients with complex mental health and psychological issues with raised BMI.
  - Patients with eating disorders, disordered eating and weight related mental health issues.
  - Sleep apnoea.
  - Benign intracranial hypertension.
  - Hypertension
  - Hyperinsulinaemia
  - Dyslipidaemia
  - Exacerbation of conditions such as asthma
  - Patients with a BMI > 35 precluded from the waiting list for surgery on basis of their BMI

*In addition to the above, the patient must meet the clinical criteria set out below:*

- The underlying causes of obesity need to be assessed.
- The person has complex disease states or needs that cannot be met in Tier 2
- The patient understands the commitment required for a Tier 3 programme. This should include nutritional advice, exercise and lifestyle support AND are willing and able to engage and participate in ALL of these aspects of a Tier 3 programme.
- Patients with the above but who are not suitable for surgery or who are assessed as benefitting longer-term from non-surgical intensive support to manage their weight as an alternative to bariatric surgery.
- Individuals who may be referred to Tier 4 obesity services (bariatric surgery) and therefore require assessment and preparation.

## Two tier medication access - Wegovy eligibility

**BMI  $\geq$  40 kg/m<sup>2</sup>** (-2.5kg/m<sup>2</sup> for ethnic minorities).

**AND** at least four of the following five diagnosed health conditions (**complete list**):



- Type 2 diabetes
- Hypertension
- Atherosclerotic cardiovascular disease
- Obstructive sleep apnoea
- Dyslipidaemia

## Exclusion Criteria

- Under the age of 18.
- Patients with a who have a BMI  $\leq$  30 kg/m<sup>2</sup>
- Referred from an inpatient mental health unit
- Patients who are unable to participate in ALL of the components of a tier 3 weight management programme including nutritional advice, exercise, and lifestyle support.
- Have a diagnosis of active Inflammatory Bowel Disease.
- Require or request weight loss injections alone or require Very Low Calorie Diets.
- Patients consuming more than 20 units of alcohol per week
- Are referred for other medical/pharmaceutical management of obesity which sit outside of agreed pathways agreed by the ICB.
- Have had previous bariatric surgery.
- Patients who have been previously referred into the service and have left the pathway early , who are seeking to re-enter will not be eligible within 24 months and will be considered on a case-by-case basis
- Are pregnant
- Those diagnosed with active substance abuse
- Patients with active cancer and undergoing treatment.
- Severe cognitive impairment/uncontrolled mental health/personality disorders which will make it difficult for the patient to engage.
- Patients with unstable mental health - self-harmed, plans to commit suicide in the past 3 months

## Meet your Service Engagement Manager, Khalima



Book a short call with me to learn how Oviva can support your patients, including referral guidance, conversation resources, and a quick demo of the app.





# How to Refer patients in North East and North Cumbria

## 1. Locate the Referral Form

- EMIS users: Import the auto-populating referral form template using one of the following methods:

- a) Import using Resource Publisher ([see instructions here](#)).
- b) Import using Template Manager ([see instructions here](#)).

Import the file below to enable access to an auto-populating version of the Oviva Consultant Led Tier 3 Weight Management referral form, which you can store locally.

[Import File](#)

*Do not import file until all instruction steps are followed to ensure merge fields are intact so all values populate correctly.*

- **SystemOne users:** Scan the QR code to download the referral form



## 2. Send Completed Referral Form

Once completed, please send the referral form and any relevant attachments using one of the following methods.

- Email: [ovivauk.t3wm@nhs.net](mailto:ovivauk.t3wm@nhs.net)
- NHS e-Referral Service (eRS)
  - Please use the Secondary Care menu and search the following terms on the system:
    - **Name:** Tier 3 Weight Management Service (medical) – Oviva
    - **Speciality:** Endocrinology & Metabolic Medicine
    - **Clinic type:** Not otherwise specified
    - **Organisation or site name:** Oviva

# Referral checklist



**Use this quick checklist before submitting a referral to support rapid triage, safe clinical decision-making and reduced delays to your patient.**

**Please ensure all fields are completed and supporting documents are attached when submitting a referral to our consultant-led Tier 3 Weight Management programme.**

- ✓ Confirmation that the patient meets the eligibility criteria outlined on page 1 of the referral form
- ✓ Referring GP's name
- ✓ Blood pressure reading
- ✓ **Recent blood results (must be within 12 months):**
  - HbA1c (mmol/mol)
  - Renal Function (eGFR)
  - Total cholesterol or serum cholesterol
  - HDL cholesterol
  - LDL cholesterol or Non-HDL cholesterol
  - Thyroid function (TSH)
- ✓ Height, weight and calculated BMI (kg/m<sup>2</sup>)  
(Confirmation that weight has been validated in clinic within last 3 months)
- Retinopathy- if last 2 screening results were normal, should be within last 24 months
- ✓ (Not applicable for patients with new diabetes diagnosis (<12 months))  
Please note one of the three tick boxes must be completed.
- ✓ Summary of recent medical history
- ✓ Current medication list - including repeat and acute medications.

**Referrals missing any of the information above cannot be accepted. This is to ensure the patient's safety. In these instances, we will contact the GP practice to obtain the missing information.**

**Unfortunately, if this information is not received, the referral will be rejected.**

## Common Referral Errors

- Eligibility boxes not ticked
- Any of the information listed above is missing (most commonly confirmation that the patient meets the eligibility criteria, thyroid function, total cholesterol/serum cholesterol, LDL and HDL cholesterol results)
- If past medical history contains any apparent information that could affect patient's eligibility and needs to be clarified by the team (e.g. mental health entries)



## Enrolment survey

**After referral acceptance**, patients receive an online survey to collect additional information used to confirm medical history, assess readiness to change, screen for exclusions (e.g. pregnancy, severe mental health conditions, eating disorders, substance misuse), and support MDT triage to the appropriate pathway.

Responses may trigger disqualification or clinical review.

If a patient is disqualified due to BES or PHQ-9 responses, safeguarding procedures are followed and the patient is referred back to their GP. If the GP later confirms eligibility, a new referral must be submitted.

If disqualification occurs due to incorrect survey responses (e.g. uncontrolled hypertension), referrals may be reinstated with GP confirmation that the patient is clinically suitable.

If a patient is incorrectly disqualified due to missing data, reinstatement can be requested by contacting [ovivauk.t3wm@nhs.net](mailto:ovivauk.t3wm@nhs.net) with evidence that the required information was submitted within the timeframe.



## Expected Timeframes



**Initial triage:** We aim to process referrals within 48 hours from referral receipt. If information is missing, the Oviva team will contact the practice to request completion.

*Patients may also be notified but not asked to complete.*

Practices are given **56 days to respond before the referral is closed.**

If no response is received, the referral is closed and a re-referral will be required with all information provided.