

# NHS South East London ICB

## Oviva Tier 3 Referral Pack

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# Understanding the criteria



## NHS South East London ICB

For South East London, a two-tier 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 - To access Tier 3 Weight Management service

A patient must meet one of the following eligibility criteria:

- **BMI  $\geq 50 \text{ kg/m}^2$ \***
- **BMI  $\geq 40 \text{ kg/m}^2$ \*** **and** has engaged with community weight services over a 2 year period, but they have failed to achieve or maintain weight loss goals.
- **BMI  $\geq 35 \text{ kg/m}^2$ \***
- **and** has engaged with community weight services over a 2 year period, but failed to achieve or maintain weight loss goals
- **and** has one or more weight related co-morbidities (complete list):
  - Established cardiovascular disease
  - Type 2 diabetes
  - Hypertension
  - Idiopathic intracranial hypertension
  - Obstructive sleep apnoea
  - Non-alcoholic steatohepatitis (NASH)

*\*There is a tolerance unit of BMI 2.5 on each element of the criteria above in relation to at-risk groups that have higher obesity prevalence rates particularly those with black African or Caribbean and South Asian origin*

### Exclusion Criteria to access the programme

- Patients under 18 years old
- Patients who are currently successfully losing weight with dietetic or reputable evidence-based weight management intervention.
- Pregnant women - women becoming pregnant during the programme will be able to pause the programme ('time out policy') and return to the service following the birth.
- Patients who have been previously referred into the service and have left the pathway early or have disengaged from the services, who are seeking to re-enter as a re-referral will not be eligible within 12 months.
- Patients with uncontrolled hypertension/heart condition/medical condition preventing increase in activity level.
- Patients with unstable or severe mental illness beyond the expertise of primary care.
- Patients with active eating disorders.
- Patients who have made suicide attempts within the last year.
- Patients who have self-harmed in the past 3 months.
- Patients who have made plans to commit suicide in the past 3 months.
- Patients who have had bariatric surgery (defined as sleeve gastrectomy, does not include band or balloon).

## Two tier medication access - Wegovy eligibility



- Patient needs to **meet Criteria 1 OR Criteria 2** to be eligible.

### Criteria 1:

- **BMI  $\geq 40$  kg/m<sup>2</sup>\***

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

- Hypertension
- Dyslipidaemia
- Obstructive sleep apnoea
- Cardiovascular disease
- Type 2 Diabetes

### Criteria 2:

**BMI  $\geq 35$  kg/m<sup>2</sup>\* and meets criteria A and B below**

#### A. **One** weight related co-morbidity:

- Type 2 Diabetes or pre-diabetes
- Hypertension
- Chronic Kidney Disease
- Hypercholesterolaemia
- Ischaemic Heart Disease
- Peripheral Vascular Disease
- Depression and anxiety if an active current condition
- History of myocardial infarction (MI), cerebrovascular accident (CVA), Transient ischaemic attack (TIA)
- Liver disease including cirrhosis, Non alcoholic fatty liver disease (NAFLD), gallstones, biliary colic
- Osteoarthritis or rheumatoid arthritis
- Chronic back pain
- Obstructive sleep apnoea
- Hypothyroidism (only refer when stable)
- Cushing's disease (only refer when stable)
- PCOS
- Hyperuricemia or gout
- Lipoedema
- Cancer not under active treatment
- Asthma

#### B. **One of the below criteria:**

- Active malignancy and need for urgent weight loss for planned therapy e.g. radiotherapy or surgery
- Urgent weight loss needed for organ transplant
- Idiopathic intracranial hypertension (IIH), needing frequent lumbar punctures and/or visual compromise
- Undergoing planned time-sensitive surgery for life-limiting conditions, where a high BMI is the main barrier to surgery.
- Under the care of NHS fertility service and weight loss is needed for assisted conception
- Obesity hypoventilation syndrome (OHS)

## Meet your Service Engagement Lead, Fiona

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 South East London

## 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. Identify eligible patients using a search

**EMIS users:** Import the search following these instructions ([click here](#)).

The XML file is below and is required for your import.

[Import File](#)

Once imported locally, the search stratifies patients by BMI and 'clinical readiness' identifying those who have all relevant, up-to-date clinical measures required for referral.

This tool allows you to proactively identify your eligible patient population, including considering the ethnicity BMI tolerance (< 2.5 kg/m<sup>2</sup>), and streamlines your workflow by showing which patients can be referred immediately.



# How to Refer patients in South East London

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

**SytmOne users:** We plan to have this tool available for you soon. Check back here for updates.

## 3. Submit the Referral

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.