

NHS Sussex ICB

Oviva Tier 3 Referral Pack

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Understanding the criteria

NHS Sussex ICB

For Sussex, 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



- The patient has been assessed as ready or motivated to change and are fully committed to participating in the programme.

And meet one of the following criteria:

- **BMI ≥ 40 kg/m²** who may not have tried weight loss services, but where the GP feels that the individual will benefit from Tier 3 input sooner
- **BMI ≥ 35 kg/m²** **and** have tried Tier 2 weight loss services for at least 12 weeks and assessed as requiring specialist services.
- **and** has one or more weight related co-morbidities (**complete list**):
 - Hypertension
 - CVD
 - Sleep apnoea
- **BMI ≥ 30 kg/m²***
- **with** Type 2 Diabetes **and** who may be considering bariatric surgery

**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.*

Two tier medication access - Wegovy eligibility



- **BMI of >35 kg/m² or,**
- **BMI 30.0 to 34.9 kg/m²** **and** meeting the NICE criteria for referral to specialist weight management services

And have one of the following criteria:

- Precancerous or cancerous conditions in which weight loss would improve outcomes or aid access to therapies
- Patients requiring urgent weight loss for organ transplant
- Idiopathic intracranial hypertension (IIH) requiring frequent lumbar punctures and/or with visual compromise
- Patients undergoing planned time-sensitive surgery (including bariatric surgery) for life-limiting conditions, where high BMI is the primary barrier to surgery and weight loss would be beneficial
- Weight loss required for assisted conception in women under the care of a fertility service, in cases where weight loss would be beneficial
- Severe obstructive sleep apnoea (OSA), obesity hypoventilation syndrome (OHS) and/or severe asthma
- Proven genetic cause of obesity and not eligible for Setmelanotide (Imcivree®)

Exclusion Criteria To access Tier 3 Weight Management service



- Under the age of 18 years.
- Pregnant or breastfeeding.
- Uncontrolled hypertension / heart condition.
- Active or suspected, untreated eating disorders, including binge eating disorder, purging within the last 3 months.
- Active cancer.
- Bariatric surgery in the past two years.
- Unstable or severe mental illness, including suicide attempts in the past 12 months, patients who have self-harmed in the past 3 months, or suicidal ideation in the last 3 months. This may prevent engagement with the behaviour change programme.
- Unstable alcohol or drug use (can be referred if the patient has received support and been in recovery for 3 months).
- Unstable hypothyroidism (can be referred if stable).
- Unstable Cushing's syndrome (can be referred if stable).

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 Sussex

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.



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
- 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/m²)
(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 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.