

OBESITY MANAGEMENT MODULE

Clinical consultation from a Northern Irish Perspective



PRESENTERS



Dr Heather Bell

GP in Belfast and sits on the Primary Care Diabetes Society committee



Lesley Hamilton

Diabetes dietician and diabetes network coordinator for the Western Trust

SUMMARY

The consultation is a discussion about the Northern Irish position and practice of obesity management in primary care with a focus on dietician referral and the future of coordinated services

CONSULTATION

- Though obesity is less of a problem in NI than the rest of the UK the prevalence and severity within the population has been increasing since the start of the Covid pandemic
- In principal, NI utilises the NICE and SIGN guidance for obesity but currently lacks a joined up approach to management that coordinates primary, secondary and community care
- A case-based approach to illustrate the coordination of obesity management with primary care and specialists, including the dietician
- How to approach the issue of diet and to understand importance of sensitivity in framing obesity and individual management with the patient

- The importance of nurturing the patients and not judging the issues leading to obesity
- The concept of prevention is better than cure: more daily exercise in schools and discussion of programmes such as the cycle to work scheme

Discussion of pharmacotherapy

- GP can prescribe orlistat but drugs for diabetes e.g. GLP-1 antagonists have to be prescribed by tier 3 service specialists
- Northern Ireland requires the coordination of primary and secondary care to provide a holistic treatment package. Availability of services need to be improved, e.g. surgical management options (gastric bands, bariatric) are not commonly provided



The concept of prevention is better than cure: more daily exercise in schools and discussion of programmes such as the cycle to work scheme

ONLINE INFORMATION AND SERVICES

For HCPs:

NICE guidance. Management of obesity pathways [Visit website](#)

SIGN guidance. Management of obesity [View guide](#)

For patients:

Northern Ireland "Cycle to work" scheme [Visit website](#)

Diabetes UK DESMOND – Diabetes Education and Self Management for Ongoing and Newly Diagnosed [Visit website](#)