

OBESITY MANAGEMENT MODULE

Clinical consultation from a Northern Irish Perspective



PRESENTERS



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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 and surgical services

- GP can prescribe orlistat for weight management but GLP-1 antagonists have to be initiated and 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](#)