

## OBESITY MANAGEMENT MODULE

# Clinical consultation from a Welsh Perspective



### PRESENTERS



**Dr Sarah Davies**  
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**Dr Dev Datta**  
Consultant in metabolic  
medicine, Cardiff

### SUMMARY

The consultation is a discussion about how patients with obesity and type 2 diabetes may be best managed between primary and secondary care: what are the roles for each clinic?

### CONSULTATION

The discussion centres around a 42 year old lady, Lisa, who is overweight and has been seen by Dr Datta in his general clinic. Lisa weighs 80Kg has a BMI of 29 and has well controlled hypertension and hypothyroidism with pharmacological intervention

#### What could the community primary care service offer Lisa?

Reflecting the Welsh initiative, "Healthy weight, healthy Wales", the discussion between Dr Davies and Datta explores:

- The power of words: the importance of sensitivity in framing obesity and management with the patient
- The importance of individualising care and management

- Partnering with non-NHS organisations such as Weight Watchers and the Welsh National Exercise Referral Scheme
- Advice about pharmacological interventions from a primary care management perspective, for example, the use of orlistat and liraglutide in patients with severe obesity

The discussion then explores secondary care intervention if Lisa does not improve and progresses to type 2 diabetes

- The option of bariatric surgery is explored and the mechanism of primary care referral in Wales
- Pharmacological intervention, focusing on GLP-1 receptor agonists
- A multi-disciplinary approach to obesity and diabetes management in secondary care involving the dietician, psychologist, occupational health specialist



**The power of words: the importance of sensitivity in framing obesity and management with the patient"**

### ONLINE INFORMATION AND SERVICES

#### For HCPs:

Language Matters: Obesity

[View guide](#)

National Exercise Referral Scheme –  
Relaunched Post Covid Info

[Visit website](#)

#### For patients:

Leading a Healthy Lifestyle

[Visit website](#)

National Exercise Referral Scheme Info

[View guide](#)

Pocket medic videos – short patient  
orientated films mainly around type 2  
diabetes, but covers diet, remission etc

[Visit website](#)