A close up of a sign

Description automatically generatedMORELIFE ADULT

REFERRAL FORM ESSEX

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| **Patient Details** | | | | | | | | |
| Title: | |  | Date of birth: |  | | | | |
| First name: | |  | Gender: | Male  Female | | | | |
| Surname: | |  | Patient preferred contact number: | | | | |  |
| Patient Address |  | |  | | | |  | |
| Postcode: | |  | Does the patient speak English? | | | | | Yes  No |
| NHS Number: | |  | Does the patient have a longstanding limited illness or disability? | | | | | Yes  No |
| If yes, please state: | |  | | | |
| **Email address** (this will be the main method for contacting the patient): | | |  | | |  | | |
| Does the patient have any mobility issues or are they housebound?  Ethnicity: | | | Yes  No | | |  | | |
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| **Current Medical Information** | | | | | |
| Height (m): |  | Weight (kg): |  | BMI: |  |
| Blood Pressure: |  | Resting Heart Rate: |  |  |  |
| Does the patient meet the EoE clinical criteria for Bariatric Surgery? (BMI>40kg/m2 PLUS severe sleep apnoea and/or Type 2 Diabetes) | | | | | Yes  No |

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| **Referral Criteria For Essex** | Referrer |
| Aged 18+ |  |
| **One of the following three criteria MUST be met** | **Confirm** |
| A BMI of 40 kg/m2 or more | **OR** |
| A BMI of ≥ 35 kg/m2 and 1 obesity-related comorbidity e.g. Type 2 Diabetes, metabolic syndrome, hypertension, obstructive sleep apnoea (OSA), functional disability, infertility and depression if specialist advice is needed regarding overall patient management | **OR** |
| A BMI of ≥ 32.5 kg/m2, type 2 diabetes and of Asian descent | **OR** |
| In exceptional circumstances when a patient with a BMI < 35 kg/m2 is referred, waist circumference and reasons for referral should be given as prior approval is required from the CCG |  |
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| Use this area to supply further information evidencing how the patient meets the above criteria if necessary: |
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| **Saxenda** | Referrer |
| Is your patient attending the tier 3 weight management service to be considered for Saxenda? | Yes  No |
| **Referral criteria for Saxenda – All of the following three criteria MUST be met** | **Confirm** |
| A BMI of 35 kg/m2 or moreor BMI at least 32.5 kg/m2 for members of minority ethnic groups |  |
| Non-diabetic hyperglycaemia:   * + HbA1c 42 to 47 mmol / mol (6.0 to 6.4%) or   + Fasting plasma glucose 5.5 to 6.9 mmol/l |  |
| High risk of cardiovascular disease. Based on risk factors such as Hypertension and dyslipidaemia   * + - Total cholesterol > 5 mmol/L     - Systolic Blood Pressure > 140 mmHg     - HDL-C < 1.0 mmol/L for men     - HDL-C < 1.3 mmol/L for women |  |

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| **Pathology** *(Where available please ensure these are from the last three months)* | | | | | |
| Hb1AC | Date: | Reading: | Fasting plasma glucose | Date: | Reading: |
| Total Cholesterol | Date: | Reading: | HDL-C | Date: | Reading: |

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| **Medical History and Current Medication** | | | | | |
| Medical History | Attached |  | Current Medication | Attached |  |

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| **Referral Source details** | | | | |
| Patient’s Surgery Name: | |  | | |
| Surgery Address: | | | | |
| Surgery Postcode: | | | Surgery contact number: | |
| Referrer’s name: |  | | Referrer’s profession: |  |
| Referrer’s Email: |  | | Date of referral: |  |

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| **Exclusion Criteria\***  Please NOTE – patients referred who suffer from the following conditions will be excluded: |
| Active Bulimia |
| Currently Pregnant |
| Active Psychosis |
| Active Substance Use Disorder (SUD) including Alcohol |
| Dementia |
| Had Bariatric Surgery in the last 12 months |
| \* Patients found to have a score of severe anxiety/depression will be assessed on an individual basis |

Please email to [morelife@nhs.net](mailto:morelife@nhs.net) or fax to 0844 209 0884 with any supplementary patient pathology records which need to accompany the referral form.

You can also return via post to: MoreLife (UK) Ltd, Thames Enterprise Centre Building, Thames Industrial Park, East Tilbury, RM18 8RH