Pathway: CYP weight management support- Ages 0-19 years Final September 2022

Access across life course

Referrals age range

Children 0-4 years:

- GP/ Primary care
- Early Help
- Maternity/ Perinatal
- Health Visitors
- Family/ self referral
- Early years/ childcare Provider

Children 4- 13 years:

- · GP/ Primary care
- Early Help
- Family/ self referral
- NCMP
- School

Young people 13- 19 years:

- GP/ Primary care
- Early Help
- School
- Youth services
- Family/ self referral

Referral process

Assessment in Primary Care (eg GP, practice nurse, health visitor, school nurse, midwives)

- Check: height/weight. BMI calculation, using appropriate centile charts (ie Children's Growth Charts, and separate Down's Syndrome Chart).
- family history (to assess obesity burden in family, considering the possibility of metabolic diseases, and possible genetic causes).
- screen for special educational needs, sleep disordered breathing, asthma, depression, and social stigma (eg being bullied at school).
- For all ages with BMI >98th centile, check: blood pressure fasting, lipid profile, fasting glucose levels, liver function tests, thyroid function tests, urea, and electrolytes.
- For all ages with a change of 2 centiles, refer to GP
- Raise the issue of weight as a whole family approach, and consider referring to Adults Healthy Weight Pathway if adults also overweight.

Below 91st percentile/ underweight or drops 2 percentiles/concern about underweight

Age 4- 13 years: Between 91st – 99.5 percentile with **no** complex needs or other underlying conditions

Age 4- 12 years: Above 99.5 Percentile with no complex needs or other underlying health conditions

Age 4-12 years: Above 91st / 99.5
Percentile with additional complex needs or other underlying health conditions

Age 13 +years: over **91**st or over **99.5** percentile

Aged 2 years up to 18 birthday who have serious health conditions caused by weight. Examples include type 2 diabetes, sleep apnoea or problems with mobility

Food related **mental health**/ wellbeing issues/ urgent emergency **eating disorders**

Specialist support

Services and interventions to meet additional needs

Refer to GP/ Primary Care or Hospital paediatric dietitian Central London Community Healthcare NHS Trust:: Nutrition and dietetics (clch.nhs.uk)

XPLORE targeted 8 week programme
Group support with family
Multiple venues across the borough
Tel: 0208 487 9907 Email: xplore.barnet@gll.org
Website: www.better.org.uk/barnet

Healthy Weight Nurse service

1-to-1 support for family-3 sessions in total Signpost to Xplore for further support. solltd.hwnadmin@nhs.net and the contact number is 08007723110 or 02036334049

Refer to GP /Primary Care/ See serious health conditions

Refer to GP / Primary Care See serious health conditions

Over 16 years – Adult weight service

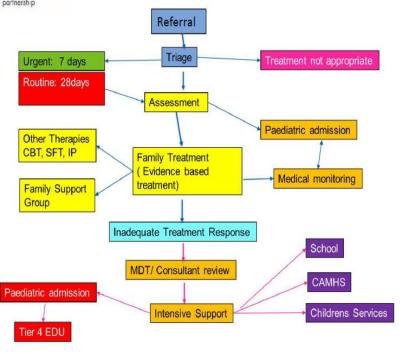
Refer to GP or Complications from excess weight clinic (CEW) | Great Ormond Street Hospital (gosh.nhs.uk)

Refer to GP or <u>BICS</u> or Royal Free Refer for urgent emergency <u>Royal Free eating</u> disorder pathway

Pathway: CYP weight management support – up to 18 Years

NORTH LONDON in health and car North Central London's st. CYP Eating Disorders Care Pathway





The CYP Eating Disorders pathway involves close working between primary and secondary care, education, CAMHS, Family Support Groups, and others

Eating disorder service | Child and adolescent mental health services | Services A-Z | Services | The Royal Free

Royal Free Eating disorder referrals

Eating disorder referrals are accepted from GPs, local CAMHS teams, and other NHS medical professionals.

There is not a waiting list for new referrals. The Team aim to see emergencies the same day and urgent referrals within one week, all other referrals within 4-6 weeks.

Please note that we DO NOT accept referrals for Binge Eating Disorder or ARFID.

Unless an emergency, please refer all patient over 17yrs and 9 months to adult ED services.

RED FLAGS

If the young person has weight loss of ≥1kg/week and one or more of the following, then this patient will need the EMERGENCY/URGENT referral pathway. Please contact the DUTY CLINICIAN (07929791290) to discuss, or if out of hours please send to the Emergency Department.

- Weight loss ≥1kg/week
- · Systolic BP (sitting BP) <90mmHg
- Postural Tachycardia (standing pulse sitting pulse)
- · Postural Hypotension (sitting BP standing BP)
- · Pulse (sitting) <40bpm
- · Temperature <35oC

Until the YP has been assessed by us please monitor the following weekly and use Red Flags to continuously monitor risk:

- Weight
- · BP (sitting and standing)
- · Pulse (sitting and standing)

We do not need referrers to organise blood tests or any other investigations in advance, especially where young people may be rapidly losing weight. Please see the referrals tab on the **CAMHS main page** for contact details and further information.

Refer to the Eating Disorders Service