

# An Introduction to the Exeter Medical Obesity Service (Tier 3 weight management)

The Exeter Medical Obesity Service (EMOS) is a service that supports people who have experienced difficulties with their weight, often for many years, and who are motivated to learn about what influences long standing behaviours and how to make sustainable change.

## Information for patients, relatives and carers

For more information, please contact:

### Exeter Medical Obesity Service

01392 402294

## Who we are

The EMOS team are a dedicated and compassionate group of professionals who will take into account your individual circumstances. The team includes; specialist dietitians, administrators, consultant doctors (endocrinologists), psychologists, physiotherapists and psychological therapists.

## We offer support in the following areas:

- Medical and dietetic initial assessment which may include onwards referral for further psychological assessment if necessary.
- Help to understand and explore your relationship with food and weight including patterns of behaviour that can be difficult to change.
- Information and guidance about nutrition, feeling well-nourished and looking after your health and emotional wellbeing.
- Support to increase your confidence in physical movement and increase your daily activity levels.

## What to expect at your first appointment?

Your first appointment will be at the Macleod Diabetes and Endocrinology Centre at the Royal Devon and Exeter Hospital. This will be with a specialist weight management dietitian and may also include an appointment with a consultant doctor depending on your individual needs. You will be asked to complete several questionnaires that help us to understand your experiences. The appointment will cover the following areas:

- Your current eating pattern and your relationship with food.
- Your history of dieting, weight loss/gain and your thoughts/ feelings about these experiences.
- Whether you have any medical conditions or symptoms that require further treatment. This may include support with your diabetes or referral for sleep apnoea assessment.
- Your wider life circumstances e.g. who you live with, your daily routine, what you enjoy doing.
- We will ask you about any previous difficult experiences (such as abuse) that may have affected you during childhood and as an adult.
- For service requirements and monitoring purposes we may record your weight at your first appointment and at the end of your pathway for EMOS. Please do let us know if you do not wish to be weighed and we can discuss this.

We understand that discussing some topics may be difficult, and you will be able to decide how much you share at your assessment. However, we encourage you to take this opportunity to provide the team with as much knowledge of your individual needs as possible. The clinical psychologists in EMOS are employed by Devon Partnership Mental Health Trust (DPT) and may look up information in a person's DPT electronic notes if clinically indicated. How we store information will also be discussed with you at your first appointment and you can also look up the RD&E policy here:

**[www.rdehospital.nhs.uk/about-us/information-governance](http://www.rdehospital.nhs.uk/about-us/information-governance)**

Following your initial assessment we will discuss with you, and possibly with other members of the team, what the most suitable pathway of care is for you.

Please be aware that if we assess that a person has additional concerns that need addressing, then we will discuss whether there are more appropriate services. This may mean we would need to discharge you from EMOS but you can be re-referred once you have received support for the issues identified.

## What is the EMOS Programme?

A personalised pathway that may consist of one or more of the following options:

- A group based online programme consisting of 9 sessions held every other week over 18 weeks. These groups are currently held on Zoom due to COVID-19 restrictions. During these sessions you will be supported to learn more about: your relationship with food and weight, what influences your eating and lifestyle, eating in a nourishing way for your health and wellbeing, changing habits and sustainable goal setting. This may change back to face to face in the future.
- Up to 20 sessions of individual support from a clinical health psychologist focused on developing a broader understanding of your relationship with food and weight alongside personalised goal-setting.

- 1:1 psychological assessment and therapy with psychological therapists from Talking Health, part of the TALKWORKS service. This may focus on anxiety, low mood, binge eating disorder and past experiences of trauma. Please look at their website for further information [www.talkwork.dpt.nhs.uk](http://www.talkwork.dpt.nhs.uk).
- Individual physiotherapy from a specialist physiotherapist focused on improving mobility and increasing daily levels of activity.
- Referral to local community based support such as health and well-being coaches.

## What's Next?

Once you have completed your personalised pathway of care within EMOS you will be offered an individual dietitian review appointment. During this appointment you will be given time to reflect on the changes you have made, any challenges you have experienced and what your hopes are for the future. At this point you will either be discharged or moved onto the 'bariatric surgery' pathway if appropriate.

## Weight Loss Surgery

We appreciate that you might be coming to EMOS as you are hoping for weight loss/bariatric surgery. Weight loss surgery is a tool that works alongside dietary and psychological change to support weight loss and weight maintenance long term. Therefore preparation, both psychological and dietetic, is required before referral for bariatric surgery is considered and it is normal for this to take a minimum of 12 months and up to 2 years. Weight loss surgery has physical and psychological risks associated with it and these can be explored with the team at a suitable time. For some people it may not be the right time for weight loss surgery and they may need to be referred at a later date or may never be suitable for referral. When you have completed the EMOS weight management programme you will be supported to explore future options that may be available to you.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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