

West Offices  
Station Rise  
York  
YO1 6GA

Tel: 01904 555870  
RNID typetalk: prefix-18001

Email: [valeofyork.contactus@nhs.net](mailto:valeofyork.contactus@nhs.net)  
Website: [www.valeofyorkccg.nhs.uk](http://www.valeofyorkccg.nhs.uk)

26 January 2017

Dear Colleague

### **Body Mass Index and Smoking Thresholds – All Orthopaedic Procedures**

As per point 11 of the *Body Mass Index and Smoking Threshold* letter (sent to practices on 6 January 2017) referrals sent to the MSK service from **30 January 2017** that require onward referral to secondary care will be processed through the RSS.

Only [exclusions](#) should be referred directly to Trauma and Orthopaedics, all other referrals for MSK, Orthopaedic surgery and Orthopaedic opinion should be referred directly to the MSK service.

#### Patients that meet the thresholds and require surgery or surgical opinion

The MSK service will send an onward referral form to the GP Practice administrators which will then be sent to the RSS to enable a discussion about choice of provider (testing of this onward referral process is underway and guidelines for GP Practice Administrators will be developed).

#### Patients that do not meet the threshold criteria and the MSK service identifies they require surgery

The referral process will be suspended by the MSK service and patients will be discharged back to their GP until they fulfil the threshold criteria (i.e. lose 10% of their weight, reduce their BMI to < 30 or wait a year, or if smokers, stop smoking for 2 months or wait six months). When patients do meet their thresholds they will be encouraged to inform their GP Practice by telephone. Once this is received GP Practices to refer via the usual RSS route, clearly indicating patients are ready to be listed and detailing any significant changes to their health and/or any changes to their medication.

Patients that do not meet the threshold criteria and the MSK service identifies they need surgical opinion

The MSK service will send an onward referral form to the GP Practice Administrator which will be then sent to the RSS to enable a discussion about choice of provider (testing of this onward referral process is underway and guidelines for GP Practice Administrators will be developed). Once the referral reaches the RSS the process followed will be the same as for other elective surgery, as described in the *Body Mass Index and Smoking Threshold* letter.

Thank you for your consideration of the above.

A handwritten signature in black ink, appearing to read 'A. Bucklee'. The signature is written in a cursive, slightly stylized font.

**Andrew Bucklee**  
**Senior Innovation and Improvement**  
**Manager**