

In line with the Service Specification, when considering referral of your patient to the York Adult Tier 3 weight management programme please ensure that your patient can, as a minimum, participate appropriately in the 3 main components of the programme, namely:

- Physical Activity - patient must be able to physically participate in basic exercise
- Counselling and Wellbeing
- Dietetics

and the patient has actively participated in modification to exercise and diet, which is patient or GP led, or delivered by an independent commercial service or Tier 2 service, depending on local availability.

If for some reason a patient is unable to participate and engage in any one of these components then the referral will be declined, this will either be following electronic referral or face to face assessment. Please complete the check list below.

Eligibility Checklist

Does your patient have an acute mental health issue(s) requiring input from Mental Health services, such as IAPT or CMHT	YES	NO
If Yes has your patient attempted suicide in last 12 months	YES	NO
Does your patient self-harm	YES	NO
Does your patient have a chronic mental health issue(s) requiring input from Mental Health services, such as IAPT or CMHT, such as PTSD or Depression	YES	NO
Does your patient have an MSK issue(s) that would impact their ability to participate and engage in the programme, such as Hip, Knee or Back pain, including the physical activity component?	YES	NO
Does your patient have confirmed or suspected Cauda Equina Syndrome?	YES	NO
Has the patient been referred to MSK in regards to the MSK issue(s)?	YES	NO
Has the patient been told NOT to exercise?	YES	NO
Does the patient have chronic pain(s) which is not well controlled or managed?	YES	NO
Is the patient a currently under the Chronic Pain team?	YES	NO
Has the patient been referred to the Chronic Pain Team?	YES	NO
Has the patient been a previous patient under the Chronic Pain Team?	YES	NO
Is your patient under investigation for any Cardiac Condition(s)	YES	NO
Has your patient been diagnosed with a Cardiac condition(s) which would prevent the patient from participating in the 3 main components of the programme including the Physical Activity, such as MI, CCF	YES	NO
If Yes, has the patient been through Cardiac rehab and confirmed that they are able and safe to exercise	YES	NO