

Obesity Management Service

Information for Clinicians

What is the Obesity Management Service?

The Obesity Management Service is a referral based service which aims to support adults with Class III obesity (BMI 40kg/m² or more) to improve their health and wellbeing. The Service is medically led and the team includes a dietitian, psychologist, physiotherapist, exercise physiologist and registered nurses.

Who is eligible for the service?

Patients who have a medical referral and are:

- Aged 18 years and over
- Body Mass Index of 40kg/m² or more
- A degree of co-morbidity
- Psycho-socially able to participate in the program

What does the Obesity Management Service provide?

The Service will work with patients to achieve a healthier lifestyle and reduced risk factor profile. This will be achieved through:

- Multidisciplinary assessment and case management
- Nutrition education
- Physical activity programs
- Strategies to improve social and emotional wellbeing
- Supporting long term self-management
- Care Coordination for patients with complex co-morbidity and a history of multiple admissions

The service will not take over the primary care of patients from general practice, nor provide specialist care for specific conditions other than obesity.

Referral Process

Doctors can refer via the Community Health Intake (CHI); via the ACT Health electronic referral system (E-referral/ Concerto); directly to the service by email for referrers who are emailing from within the ACT Government network; or by telephone to 5124 1552. Each referral should include a referral letter with the following information:

1. Brief medical history and diagnosis
2. Anthropometry including weight, height, BMI and waist circumference
3. Clinical information
4. Relevant blood tests

Each patient referred into the service will be contacted by an Obesity Management Service staff member to make the initial clinic appointment.

Contacts

Obesity Management Service Enquiries: ph 02 5124 1552 email: OMS@act.gov.au

Postal address: GPO Box 825, Canberra 2601

Street Address: Belconnen Community Health Centre, 56 Lathlain St (Corner Wales Street), Belconnen 2617

Referrals via Community Health Intake: ph 02 5124 9977 fax 02 6205 2611

ACCESSIBILITY

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

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