



National Clinical Programme for Obesity



# Model of Care for the Management of Overweight and Obesity

The complex nature of obesity requires that the health services take a holistic, integrated approach to identification, early intervention and treatment. Actively managing overweight and obesity will improve health, quality of life and overall mortality while reducing healthcare costs.

## THE MODEL OF CARE

Sets out how the healthcare for children, young people and adults living with overweight and obesity in Ireland should be organised and resourced now and in the future.

Describes the service required, who should provide it and where the service should be delivered across the healthcare system.

Takes a population health approach to managing obesity, recognising the wider drivers of obesity such as genetics, environment and socioeconomic status.

## WHEN IMPLEMENTED THE MODEL OF CARE WILL ENSURE -

An end-to-end approach is adopted, defining the way health services are developed over time.

The right care is delivered to individuals with overweight and obesity at the right time and in the right place, in line with Sláintecare health and social care service reforms.

The focus is on patient outcomes through monitoring and evaluation of service delivery, supported by quality training for healthcare staff.

The model of care is currently being operationalised by the HSE.

This is just the beginning of the journey to establish quality services for the treatment of overweight and obesity that will meet the future healthcare needs of the Irish population.

## KEY PRINCIPLES OF THE OBESITY MANAGEMENT CLINICAL PROGRAMME

Obesity is a complex, chronic, multifactorial disease that requires a comprehensive multidisciplinary, approach to care across the lifespan.

Appropriate and equitable treatment for overweight and obesity is required in addition to public health prevention measures.

Weight-based stigma and obesity discrimination will not be tolerated in the healthcare system.

Academic institutions, professional bodies and regulatory agencies will ensure that formal teaching on the causes, mechanisms, and treatments of obesity are incorporated into standard training programmes.

## OBJECTIVES OF THE MODEL OF CARE

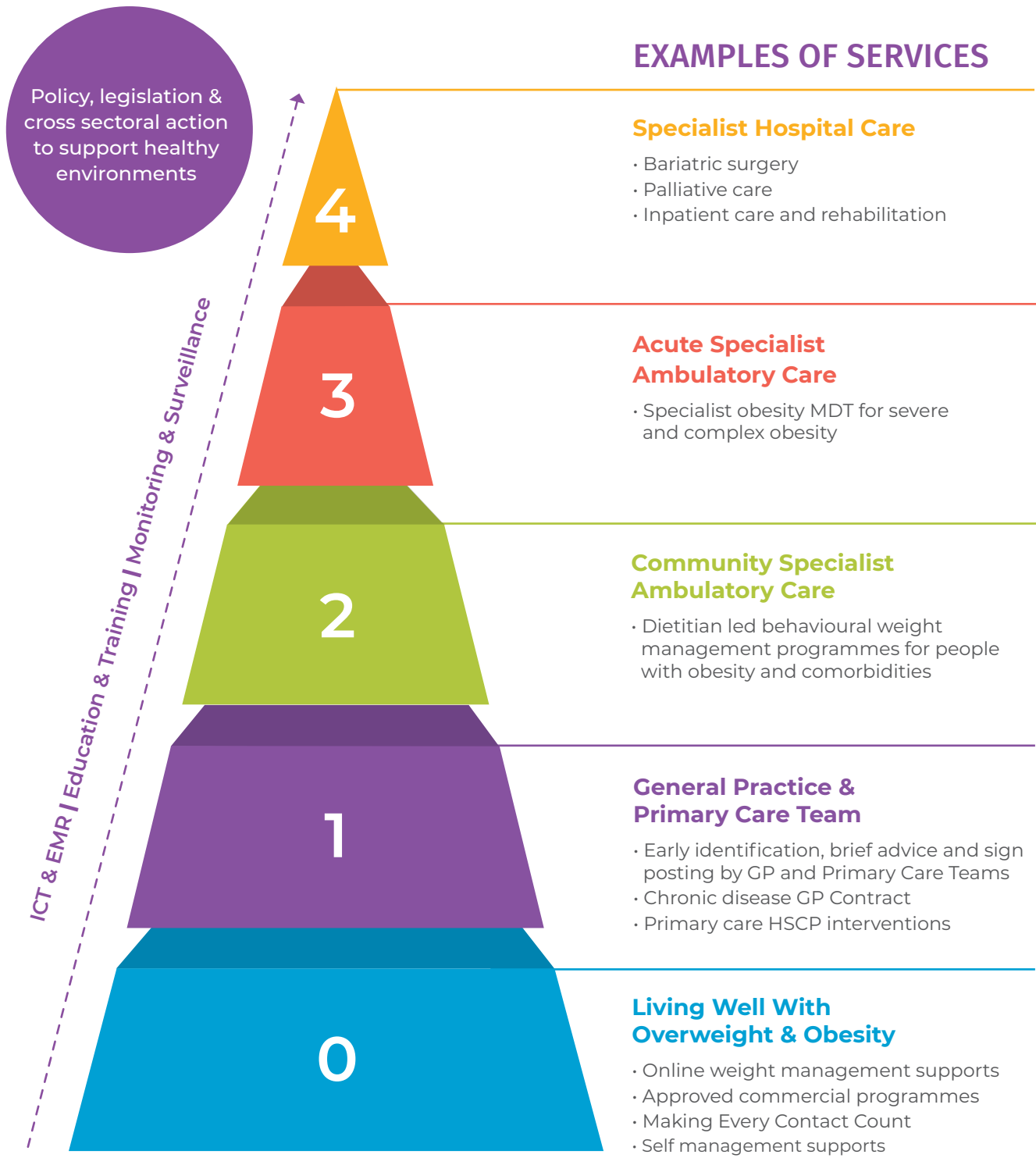
To define specific services for the effective management of obesity and overweight in children, young people and adults across the life course incorporating prevention, early identification and treatment to prevent progression of disease and complications.

To ensure effective integration and support across levels of services, across the lifespan and with services for high risk groups.



# The Model of Care for Adults with Overweight and Obesity

## 5 LEVELS OF CARE



The model of care for adults aligns with the National Framework for the Integrated Prevention and Management of Chronic Disease in Ireland (2020).

# The Model of Care for Children and Young People

## 4 LEVELS OF CARE

### EXAMPLES OF SERVICES

#### Tertiary Care Obesity MDT

- Specialist MDT assessment and interventions
- Bariatric surgery (pre and post-operative support)
- Inpatient management

#### Hospital Specialist Obesity MDT

- Lead paediatrician, CNS and dietitian assessment and treatment in local paediatric unit
- Pharmacotherapy
- Onward referral to tertiary care or community team as required

#### Community Specialist Obesity MDT

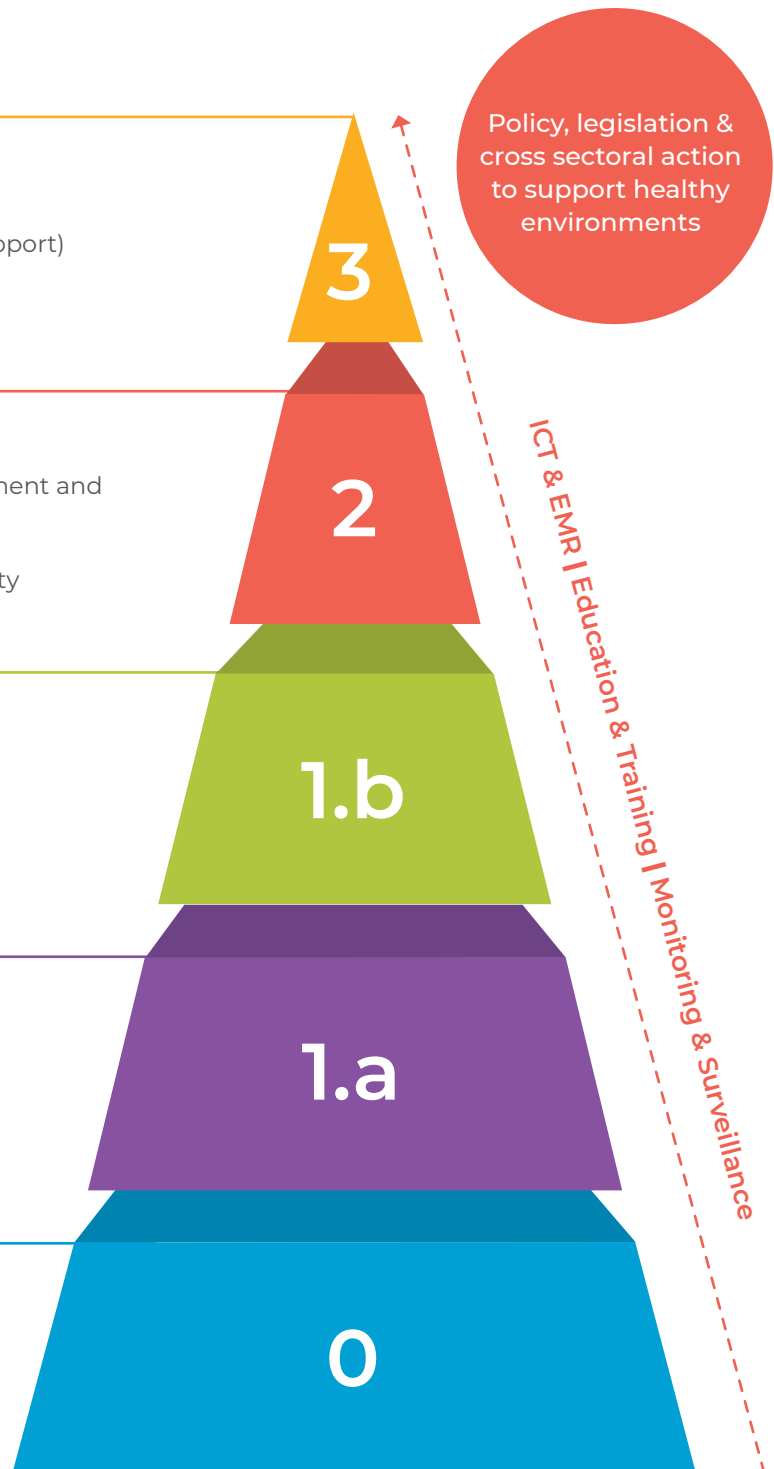
- MDT 1:1, group and online interventions with medical oversight from GP or CMD

#### General Practice & Primary Care Team

- Early identification, brief advice & follow up by GP, GPN, PHN, CMD
- Primary care team HSCP interventions

#### Health Promotion & Community Programmes

- Self management supports
- Enhanced parenting programmes



The model of care for children and young people aligns to the Paediatric Model of Care.

Glossary of Abbreviations: MDT Multi-Disciplinary Team HSCP Health And Social Care Professional GP General Practitioner CMD Community Medical Doctor CNS Clinical Nurse Specialist GPN General Practice Nurse PHN Public Health Nurse

# In Ireland Today

