

Freedom of Information request 445-19

Request

Please can I request the following information:

- Complete criteria and guidelines for bariatric surgery

Response

Please find below NHS Borders' current criteria for referral for bariatric surgery:

- ▶ BMI $\geq 35\text{kg/m}^2$ with obesity co-morbidities (Type 2 DM, Hypertension, Obstructive Sleep Apnoea) or
- ▶ BMI $\geq 40\text{kg/m}^2$ without co-morbidities
- ▶ They must
- ▶ Evidence of completion of a structured weight management programme, involving diet, physical activity, psychological and drug interventions. This would be a year in Tier 3 weight management programme.
- ▶ Must achieve a minimum weight loss of 5-10% body weight from their referral weight and be to show weight maintenance of this for 6 months, this is usually within the Tier 4 programme.
- ▶ Tier 4 programme would need to be completed, usually over 6 months of education and preparation for surgery. This will involve assessment by our team's clinical psychologist, and working with the psychologist if any identified issues.
- ▶ They must not have an active eating disorder.
- ▶ They must not have unstable psychosis or severe or unstable personality disorder.
- ▶ They must not have current alcohol or drug abuse.
- ▶ Must be non-smokers
- ▶ Must be 18 years of age or older
- ▶ NHS Borders has an age restriction of 60 years old at present

Please note at this present time NHS Borders are not able to offer this service but we are in ongoing discussion with another Scottish Health Board to provide this surgery on our behalf.

If you are not satisfied with the way your request has been handled or the decision given, you may ask NHS Borders to review its actions and the decision. If you would like to request a review please apply in writing to, Freedom of Information Review, NHS Borders, Room 2EC3, Education Centre, Borders General Hospital, Melrose, TD6 9BS or foi.enquiries@borders.scot.nhs.uk.

The request for a review should include your name and address for correspondence, the request for information to which the request relates and the issue which you wish to be reviewed. Please state the reference number **445-19** on this request. Your request should be made within 40 working days from receipt of this letter.

If following this review, you remain dissatisfied with the outcome, you may appeal to the Scottish Information Commissioner and request an investigation of your complaint. Your request to the Scottish Information Commissioner should be in writing (or other permanent form), stating your name and an address for correspondence. You should provide the details of the request and your reasons for dissatisfaction with both the original response by NHS Borders and your reasons for dissatisfaction with the outcome of the internal review. Your application for an investigation by the Scottish Information Commissioner must be made within six months of your receipt of the response with which you are dissatisfied. The address for the Office of the Scottish Information Commissioner is, Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife.

