

Obesity Multidisciplinary Management Clinic

Alfred Health



Clinic Location:

Ground Floor

Centre Block, The Alfred

Thursday AM

Phone: (03) 9076 2025

Fax: (03) 9076 6938

ommc@alfred.org.au

We welcome you to the Obesity Multidisciplinary Management Clinic (OMMC). You have been referred by your Alfred Health medical team as reducing your weight may help improve your overall health and assist in the the treatment of other health conditions. We'd like to share with you how the OMMC cares for people such as you.

Our Service:

We aim to improve the health and well-being of people with weight-related health conditions by providing you with excellent clinical care and a positive patient experience.

You will receive evidence-based, person-centered care and a comprehensive care plan including lifestyle changes and medication.

We will also offer you opportunities to participate in research.

Your Team in the OMMC:

You will be looked after by a supportive multidisciplinary clinical team that will work closely with you to achieve your health goals.

The team is made up of:

- Doctors*: a specially trained GP alongside an obesity specialist (endocrinologist). Together with your OMMC team, we will create your care plan to help achieve your goals to improve your health
- Our nurse coordinator will see you initially to discuss your health goals. They will continue to support and provide information to you throughout your time with our service
- Our pharmacist will help you understand and manage your medications, including any new medications we prescribe you
- A psychologist is available to support your mental health
- A dietitian and exercise physiologist will support you in making changes to your eating and physical activity patterns to support your health goals

*Due to our commitment to train the next generation of clinicians, you may be seen by a fellow or registrar. Your lead endocrinologist will oversee your care regardless of who you see at your appointment

Further Information:

www.alfredhealth.org.au

If you would like to provide feedback or request a copy of this information in a different format, contact us at patient.inform@alfred.org.au

Your Responsibilities:

1. Attend appointments as scheduled – check **Patient Portal**** if you are unsure of your upcoming appointments
If you need to reschedule your appointment, please do so in a timely manner
2. We ask that you complete the health questionnaires we send you in the **Patient Portal** to help make decisions on the goals and plan for your treatment with us
3. If you have been asked for blood tests, have these done within two weeks before you meet with the OMMC team.
4. For each visit, bring along an up-to-date list of your medication
5. Follow your care plan as agreed with your OMMC team
6. We encourage you to ask questions and let us know your preferences and what's important to you when making your health decisions.

What are my doctor's responsibilities?

We will write to your GP and referring doctor after each visit to share your care plan with your treatment goals and your progress to self-management.

After a series of appointments of up to 12 months, we will transfer your care back to your usual treating team (specialists and GP).

** The **Alfred Health Patient Portal** is a website and app that enables patients to easily access their Alfred Health medical information online.

Please sign up to fill in your pre-clinic health questionnaire, see your appointment times, access test results and view letters.
www.alfredhealth.org.au/patients-families-friends/patient-portal

