

REFERRAL GUIDELINES: **BARIATRIC SURGERY**

To refer a patient to the Alfred Health Bariatric Service, please complete:

1. **A referral addressed to a named specialist of your choice, and**
2. **A completed [Bariatric Clinic Screening Assessment](#) form.**

Please ensure the referral includes the following information:

Demographic

- Date of birth
- Contact details (including mobile phone)
- Referring GP details
- Interpreter requirements
- Medicare number

Clinical

- Reason for referral
- Duration of symptoms
- Relevant pathology & imaging reports
- Past medical history
- Current medications
- History of bariatric surgery

Please fax your referral and the completed Bariatric Clinic Screening Assessment form to 9076 0113.

In accordance with the Department of Health's Framework for Bariatric Surgery, candidates for the Alfred Health Bariatric Service program should:

- Have a BMI>40 OR a BMI>35 with two or more significant obesity related co-morbidities, eg HPT requiring medication; type 2 diabetes mellitus; dyslipidaemia; obstructive sleep apnoea; pulmonary HPT; obesity hypoventilation syndrome; non-alcoholic steatohepatitis (fatty liver)
- Be over 18 years of age at time of referral
- Be under 65 years of age at time of surgery (Please note wait time for surgery may be lengthy)
- Have attempted but not succeeded in achieving or maintaining clinically beneficial weight loss using non-surgical measures
- Patients who are being treated for the same condition at another Victorian public hospital.

The Bariatric Surgery Service is an MBS-billed service. **There is no out of pocket expense to the patient.** MBS-billed services require a current referral to a named specialist– please provide your patient with a **12 month referral addressed to the specialist of your choice.**

Please note that your patient may be seen by another specialist in that clinic, in order to expedite their treatment.

Please note: Due to high demand on this service, waiting times for surgery may be lengthy.

REFERRAL PRIORITY: BARIATRIC SURGERY

The clinical information provided in your referral will determine the triage category. The triage category will affect the timeframe in which the patient is offered an appointment.

IMMEDIATE Direct to the Emergency & Trauma Centre	URGENT Appointment timeframe within 30 days	ROUTINE Appointment timeframe greater than 30 days depending on clinical need
<ul style="list-style-type: none"> Severe abdominal pain or intolerance of fluids after bariatric surgery Fever or shortness of breath after bariatric surgery 	<ul style="list-style-type: none"> Vomiting and/or severe reflux following bariatric surgery 	<ul style="list-style-type: none"> Assessment for Bariatric Surgery
Phone the Oesophago-Gastric/Bariatric Surgery Registrar on call on 9076 2000 and/or send to The Alfred Emergency & Trauma Centre.	Urgent cases must be discussed with the Oesophago-Gastric/Bariatric Surgery Registrar on call to obtain appropriate prioritisation and a referral faxed to 9076 6938.	Fax referral to 9076 6938

If you are concerned about the delay of the outpatient appointment or if there is any deterioration in the patient's condition, please contact the Oesophago-Gastric/Bariatric Surgery registrar on call on 9076 2000.

FURTHER INFORMATION:

Alfred Health has introduced a **Health Improvement and Weight Management Program** for patients to complete prior to receiving an outpatient appointment in the Bariatric Surgery Clinic. Patients will receive an invitation to participate in the program within 6 months of being referred to the service.

The aim of the Health Improvement and Weight Management Program is to support patients to lead a healthy lifestyle and improve their wellbeing. If patients do proceed to undergo bariatric surgery, the aim is to reduce surgical risk by improving general health.

The program includes a number of steps the patient is required to complete, and it is compulsory to complete all steps prior to receiving an outpatient appointment.

On completion of the program, an outpatient appointment is scheduled in the Bariatric Surgery multidisciplinary clinic where patients are assessed by a specialist bariatric consultant, and if required a Respiratory and/or General physician specialising in management of obesity.

Is my patient suitable?

In accordance with the Department of Health and Human Services Framework for Bariatric Surgery, candidates for the program should:

- Have a BMI >40; or BMI>35 with two or more significant obesity related co-morbidities, such as:
 - * Hypertension requiring medication
 - * Type 2 diabetes mellitus
 - * Obstructive sleep apnoea
 - * Pulmonary hypertension
 - * Obesity hypoventilation syndrome
 - * Non-alcoholic steatohepatitis (fatty liver)
 - * Dyslipidaemia
- Be over 18 years of age at time of referral.
- Be under 65 years of age at time of surgery. (Please note wait time for surgery may be lengthy)
- Have attempted but failed to achieve or maintain clinically beneficial weight loss using non-surgical measures.

How do I make a referral?

1. Complete a patient referral, [Bariatric Clinic Screening Assessment form](#). *Please note referrals will not be accepted if the completed assessment form is not included.*
2. Fax the referral and completed assessment forms to 9076 0113.

What happens if the referral is accepted?

- Patients will be required to complete a Bariatric Health questionnaire which will be sent on acceptance of referral.
- Patients are required to attend an information session (1.5 hours duration) to learn more about obesity and the available treatment options.
- Patients are required to actively participate in an 8 week online Health Improvement and Weight Management program.

On completion of these requirements, patients will then receive an appointment to attend the multidisciplinary Bariatric Surgery clinic and discuss the options for management.