

VIDEO GROUP CLINIC CASE STUDY

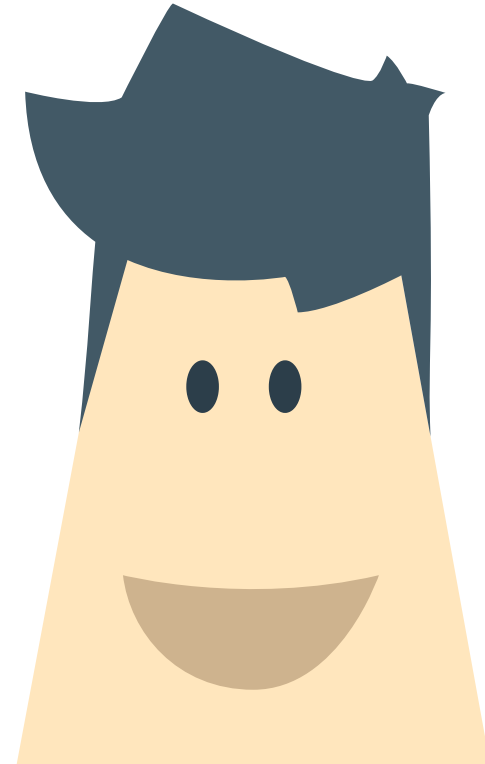
Supporting weight management patients through COVID 19



Whittington Health
NHS Trust

Community dietetics and nutrition team:
Why Weight service

What we did



"I really enjoy it and learnt a lot. I am optimistic I will definitely achieve my target"

What changed and improved?

OUR CHALLENGE

The Whittington Nutrition & Dietetics team (N&D) had been running F2F obesity group consultations (OGC) until the onset of COVID to improve follow up and support behaviour change. OGCs supported patients with a BMI>30 who had been seen or were waiting to be seen by community dietitians. During the pandemic, the vast majority of these patients were not seen due because our service was streamlined to allow redeployment to intensive care and acute services. N&D were keen to continue to support weight management patients during the pandemic and decided to switch to VGCs.

OUR VIDEO GROUP CLINIC DESIGN

Between 5-8 (sometimes more) new and follow up patients attend twice monthly VGCs, which we called 'Why Weight'. Patients opt into the VGC. We communicate via email, letter and text messaging. On the day, patients confirm consent and understand the Results Board will be shared. Our facilitator runs through the session flow and patients get the opportunity to think of questions for the clinician. The clinician goes through results with each patient and answers questions. Goal setting is an integral part of the VGC and is led by the clinician.

RESULTS BOARD

Weight today
Previous weight
How much physical activity do I do each day ?
Personal target
My actions/goals month
Confidence score

EFFICIENCY GAINS

- In one to one clinics we see 5 new patients in 3 hours 45 mins whereas in a VGC, we see a mixture of 8 new and follow up patients in 2 hours. This is an efficiency gain of 66%
- Patients can be seen more frequently with less clinic resource
- VGC supports patient initiated follow up, with patients able to decide how frequently they want to attend

CLINICAL IMPACT

- Patients baseline BMIs ranged from 30 to 45+, with weight ranging from 73 - 115kgs
- 30 patients have attended, with 13 patients attending between 2-5 sessions
- We have promising case histories: 1 patient attended 4 sessions and lost 10kg; 1 patient attended 5 sessions and lost 12kg.
- Overall patients are losing between 0.9kg – 2kg after attending 2-3 sessions.

EXPERIENCE OF CARE

Our VGC has received good feedback. The majority of patients prefer VGC because:

- It reduces travel time
- They are able to attend even during work time (whether at home or workplace)
- It has supported those who are or have been shielding

• Patient learnt alot from each other. VGC have reduced isolation by creating the opportunity to meet others, chat about weight management experiences and journey and learn in the process. Patients value seeing other patients on the screen and having a clinician present to help with questions.

"Do as many dry runs as possible. Don't be phased by technology. We are all learning to do things differently" (clinical lead)

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Redmoor Health
ELC Partnership

Person-centred digital care

