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BHR CEPN
YOUR TRANSFORMATION
AND TRAINING HUB



I am more confident in managing my weight now - I would definitely recommend this group to other patients!



Our Challenge

Prior to us setting up Video Group clinics (VGCs), we were spending an hour per week with each patient, so we knew we needed something effective to help patients self-manage their weight loss.

We received a large response from patients keen to engage with the health and wellbeing service and knew that VGCs would provide people with the opportunity to be with other people in a similar situation as them and give them the motivation to take ownership for their lifestyle choices.

Our Group Clinic Design

- To recruit patients, we sent a batch SMS message to those recorded as 'obese' on Emis and received 18 responses. We decided to run VGCs for 10 patients, weekly for 6 weeks.
- We made the first VGC 90-minutes to introduce the patients to the programme and subsequent VGCs were 60-minutes.
- The sessions were led by the health and wellbeing coach and a social prescriber helped to facilitate with administration, organisation and logistics.
- To provide a comfortable atmosphere, we started our first session with icebreakers and introductions. In every session the patients shared progress in achieving the goals they had set for themselves the previous week.
- We used the VGC to share information, in response to patient's needs, about things such as what to include in a healthy diet and how to safely lose weight.
- The patients formed a WhatsApp group to keep in touch with each other and carry on their mutual support and motivation.

Results Board

- BMI
- Weight
- Exercise per week
- Confidence in managing weight (0-10)
- 6 week SMART goal
- Comments

What Changed & Improved?

Efficiency and Access

- Before we started VGCs, we spent an hour each week with every patient, which amounted to 10 hours per week, so, seeing patients in VGCs saved 7 hours of patient contact time per week.
- The sessions provided a space for patients to interact with each other, share experiences and find solutions. We were there to answer any questions the patients had and could provide information to all of them at once.
- A top tip for recruitment efficiency - Use accurx to send a batch sms message to patients who are eligible, rather than call them, to save time.

Clinical Impact

The VGCs reinforced the fact that the patient is in control of their own lifestyle. The patients are now mindful of what they are eating and how much they exercise.

Consequently, the results board showed that all patients lost weight (2-3kg) over the 6-week VGC programme. They have also all increased their exercise, with one patient increasing their exercise time from 1 hour to 6 hours per week.

Psycho Social Impact

At the end of the programme, we were pleased to see that all the patients reported a higher confidence score in managing their weight; one went from a 0 to a 9 rating. Overall, the programme has had a wide-reaching effect on the patients as they reported they have been sleeping better, have more energy and are more positive. They also feel more motivated to be active and are mindful of their diet.

Experience of Care

- The patients say they found the sessions engaging and motivating. One patient said although they didn't reach their 6-week goal, they feel they're on the right track.
- We found it very powerful that after just 6 weekly sessions we now feel positive that the patients will adopt a sustainable, healthy lifestyle that they can continue confidently.



One patient said whenever she was making meal choices, she felt me on her shoulder. She kept this approach throughout the entire 6 weeks as she didn't want to let the group down

