

Referral Form

CALHN Metabolic & Bariatric Clinic

Royal Adelaide Hospital | Queen Elizabeth Hospital

Fax (08)7074 6247

Phone (08) 8133 4158



Health
Central Adelaide
Local Health Network

| | | | |
|---|--|---|--|
| Patient Details | | Referring Doctor | |
| Surname: | | Name: | |
| First Name: | | Practice: | |
| Date of Birth: / / | | Phone: | |
| Address: (<i>if SALHN catchment, refer to SALHN BMI Service</i>) | | Fax: | |
| Phone: | | OR Practice Stamp: | |
| Interpreter Required: YES NO | | Date of referral: / / | |
| Language: | | | |
| Baseline Patient Data Weight (kg): Height (m): BMI (current): Weight History (kg): Waist Circumference (cm): Previous Bariatric Surgery? (Circle) Yes No (<i>please specify</i>): Recorded Blood Pressure: | | Referral Criteria (<i>please tick</i>) <u>MUST meet ALL below</u>: <input type="radio"/> BMI > 40 with obesity related comorbidities <input type="radio"/> BMI > 35 with obesity related comorbidities (<i>2 or more</i>) <input type="radio"/> MUST be a non-smoker <input type="radio"/> No drug or alcohol-dependency <input type="radio"/> Sleep studies completed (laboratory or home) (If NO, <u>ONLY refer once completed and attach</u>) <input type="radio"/> DASS 21 completed (<i>depression anxiety stress scale</i>) <input type="radio"/> Mental health care plan if indicated <input type="radio"/> Has shown commitment to the program/lifestyle change (<i>patients will have a 12–18-month period to show appropriate engagement to achieve optimisation & progress</i>) <i>Untreated/unmanaged eating disorder NOT accepted</i> <i>Untreated/unmanaged psychiatric disorder NOT accepted</i> | |
| Comorbidities Obesity Related Health Problems <input type="radio"/> Type 2 Diabetes <i>Duration of T2DM _____</i> <i>On insulin? (Circle) Yes No</i> <input type="radio"/> Type 1 Diabetes <i>Duration of T1DM _____</i> <input type="radio"/> Obstructive Sleep Apnoea <i>If yes, is CPAP being used? (Circle) Yes No</i> <i>If no CPAP, provide details:</i> <input type="radio"/> PCOS <input type="radio"/> Idiopathic intracranial hypertension <input type="radio"/> Obesity hypoventilation syndrome <input type="radio"/> Hypertension <input type="radio"/> Cardiovascular disease (<i>specify</i>): <input type="radio"/> Arthritis (<i>specify</i>): <input type="radio"/> Gout (<i>specify</i>): <input type="radio"/> Mental health (<i>specify</i>): <input type="radio"/> Cerebrovascular events <input type="radio"/> Liver disease <input type="radio"/> Kidney disease <input type="radio"/> Gall stones | | Supporting Documents (<u>MUST ATTACH ALL</u>) <input type="radio"/> CURRENT medication list <input type="radio"/> Sleep studies AND treatment plan (<i>refer ONLY if completed</i>) <input type="radio"/> DASS 21 <input type="radio"/> Recent bloods (<i>HbA1C, TSH, lipids, MBA 20, FBC, testosterone for males only</i>) <input type="radio"/> Abdominal Ultrasound <p style="text-align: center;"><i>There is a LONG WAITLIST for the CALHN Clinic.</i></p> <p>A referral does not guarantee a particular care pathway. At receipt of referral, patient is sent a ‘patient information profile’ questionnaire. If not returned, they will not be triaged into the clinic (you will be informed).</p> <p>The care pathway may involve:</p> <ul style="list-style-type: none"> - Pre-assessment consult with nurse consultant / bariatric consultant - Attendance at a healthy living group program (one to one where indicated) with Dietitian/Exercise Physiologist - MDT review of progress - Possible referral as appropriate to surgical path | |
| By placing this referral, you are committing to a SHARED CARE arrangement for the duration of the patient’s journey with CALHN, along with ongoing care upon discharge from CALHN. Signed: _____ Name: _____ <p style="text-align: center;">** Incomplete referrals/criteria NOT met (including supporting documents) will NOT be accepted and returned to the referrer.</p> <p style="text-align: center;">This causes increased delays in triaging patients.</p> <div style="text-align: right;"><i>Updated Jan 2025</i></div> | | | |

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CALHN have recently undergone some changes to the Bariatric Services provided to the community. The team have harmonized the pathways across sites to provide a single service, multi-site, multi-disciplinary pathway for our consumers.

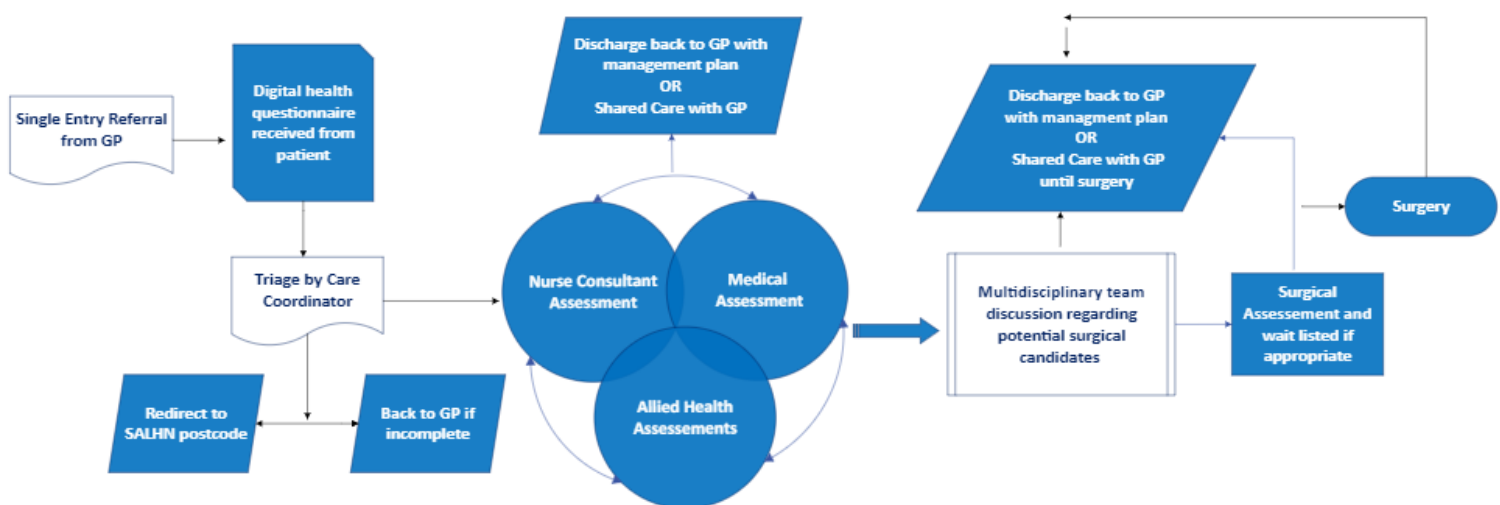
The CALHN Metabolic and Bariatric Clinic team aim to improve the health and wellbeing of people affected by severe obesity in partnership with their general practitioner (GP).

The clinic team works with consumers to undertake a comprehensive health assessment to understand the factors impacting on their health and wellbeing, and how these relate to their weight, either directly or indirectly. This informs the development of an individual management plan for patients to work on with the support of their GP.

This management plan will determine the consumer's pathway through the clinic. CALHN data shows that 80% of consumers are managed with lifestyle and medical interventions alone, with 20% progressing to bariatric surgery. Surgery is only considered for those consumers who are most severely affected by their weight and who will benefit the most from surgery given there is a limited number of surgeries offered annually and waiting times are extensive in the public system (Gastric bands are not inserted at CALHN).

Below is the expected journey for the consumer:

CALHN Metabolic & Bariatric Clinic



We look forward to partnering with you to provide the best possible outcomes for our consumers.

The CALHN Metabolic & Bariatric Clinic Team