Obesity Services

Obesity Clinic Information

Introduction
You have been referred to the obesity team here at Addenbrooke’s Hospital for specialist assessment and treatment for your obesity. This leaflet is to provide you with information about our clinic and what you can expect while you are receiving treatment from us.

The obesity clinic is located in the Institute of Metabolic Sciences, Wolfson Diabetes and Endocrine Clinic (WDEC) at the Addenbrooke’s Treatment Centre (ATC) in our out-patient facility. This has been specifically designed to meet the needs of our patients. All your appointments will take place here, however; there is provision for Intensive Weight Management Programme clinics to run in Wisbech or Huntingdon. Our service operates Monday to Friday from 09:00 to 17:00 (excluding bank holidays).

Whom will I see at the clinic?
Our service offers you the opportunity to see various specialists who work together to ensure you get the best treatment safely. These specialists together are known as the multidisciplinary team. This team has chosen to specialise in the field of obesity and weight management and understand the difficulties faced by people who carry excess weight.

The Obesity Team consists of:

- Dr Adrian Park, Consultant Physician (Obesity Lead)
- Dr Anita Sarker, Consultant Physician
- Dr Sumantra Ray, Consultant Physician
- Dr Gayan De Costa, Specialist Registrar
- Dr Josie Nicholson, Obesity Clinical Psychologist
- Claire Connell, Clinical Nurse Specialist (Currently on leave)
- Kirsten Matschull, Clinical Nurse Specialist
- Rebecca George, Specialist Nurse
- Joanna Hoensch, Advanced Specialist Dietitian
- Rebecca Fahey, Advanced Specialist Dietitian
- Joanna Grey, Advanced Specialist Dietitian
- Harriet Churchill, Specialist Dietitian
- Nicola Fernandez, Specialist Dietitian
- Chloe Housden, Obesity Services Administrator
At various stages during your treatment, you may have contact with some or all members of the team.

There are also other health care professionals who work with us that you may see depending on your treatment needs. These include:

- Dr Edmund Godfrey  Consultant Radiologist
- Mr Vijayendran Sujendran  Upper GI (Gastro-intestinal) Surgeon

During your appointments, you will also have contact with the clinic reception team, clinic nurses and sometimes phlebotomists (people who take blood).

We strongly believe that you, the patient, are the centre of the team and we need you to be committed to working with us to achieve the best possible results.

**What happens when I come to my appointment?**

After you have registered with the receptionist, you will be called by one of the clinic nurses and your weight, body mass index and blood pressure monitored at each visit. Your height will be measured on the first visit and we will ask you to provide a urine sample. Other measurements may also be taken if needed such as your waist or neck circumference.

We ask you to have blood tests at your first visit, particularly because some of the tests are not readily available outside of Addenbrooke’s. You will also have blood tests routinely taken at the start and end of the treatment programme and possibly at other times depending on clinical need. If this is the case it will be discussed with you.

We would ask that you arrive 15 minutes before your scheduled appointment times to allow time for the clinic nurses to check your weight and blood pressure before you see the obesity team.

You will then be asked to wait in the reception area until you are called by the member of the team you are due to see on that particular visit. Most of our treatments are done on a one-to-one basis but a few treatments are only offered in a group setting. We will be discuss with you before you start any treatment.

**What happens after my assessment visit?**

The assessment visit is extremely important to try and investigate why you have gained weight and how your weight affects you. We also want to understand what you may have tried already to help yourself lose weight.

After the assessments are complete, we will then have an idea of how our service can perhaps help you. This is discussed in a team meeting which we hold once a week.
We offer a range of treatment options which we will discuss with you, and we will offer you an option which best suits your needs.

Unfortunately, in some cases despite a person wanting to lose weight, it may not always be the right time for them, embarking on a weight management programme which is unsuccessful can be detrimental to a person’s confidence and hamper future weight loss attempts. There are times when we do not offer any further appointments after the initial assessment but we will give you advice on what to do if you are affected.

The majority of our treatment options require regular attendances over a short period of time in order to provide you with the support you need to lose weight or maintain your weight loss. It is important that you attend all of these appointments when possible to achieve the best outcome for your health.

As a service, we offer effective obesity treatment programmes which take place in the hospital setting but we work closely with our colleagues in the community. This is so that when your intensive treatment period comes to an end, your on-going support can be provided by them so you do not need to keep coming back to hospital. This support could be provided by your local community weight management team or at your GP practice or practice nurse.

**When are the clinics held?**

The outpatient obesity clinics are held on different days:

<table>
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<tr>
<th>Tuesday Morning</th>
<th>• The Intensive Weight Management Programme (IWMP) clinic</th>
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| Tuesday Afternoon | • Medical obesity clinic  
|                   | • The Intensive Weight Management Programme (IWMP) clinic |
| Wednesday Morning | • New patient assessment clinic  
|                   | • Psychology assessment and treatment clinics/groups |
| Wednesday Afternoon | • The Intensive Weight Management Programme (IWMP) clinic |
| Thursday Morning | • The Intensive Weight Management Programme (IWMP) clinic  
|                   | (alternate weeks in Wisbech) |
| Thursday Afternoon | • The Intensive Weight Management Programme (IWMP) clinic  
|                   | (alternate weeks at Huntingdon) |
| Friday Morning | • Bariatric Surgery clinic (This clinic is specifically for patients who require follow up care after surgery.)  
|                   | • Psychology assessment and treatment clinics/groups  
|                   | • The Intensive Weight Management Programme (IWMP) clinic |
| Friday Afternoon | • The Intensive Weight Management Programme (IWMP) Group  
|                   | (dependent on capacity) |
Other important information

- We understand that not all of the treatment programmes we offer suit everyone and know that sometimes stressful life events can take over and mean following a weight loss programme can become difficult. If you are struggling, it is important that you tell us so we can look at alternative ways of helping you.

- We operate a ‘did not attend’ policy in our clinic whereby if you do not attend an appointment without telling us, we will discharge you automatically from the clinic so if you are unable to come to your scheduled appointment, please contact a member of the reception team to re-arrange. The number for reception is below.

- Currently, there is a lot of building work occurring on site. If you are a disabled badge owner, we would recommend that you to park at Car Park 2 and catch a patient courtesy bus which can bring you directly to the ATC. The bus is fully automated with an electric tail lift allowing easy wheelchair access and an automatic step which lowers when the sliding door is opened to allow access on and off of the bus.

Useful telephone numbers

**Clinic reception: 01223 348750**
Please telephone this number if you have a problem with your appointment time. We also ask that you call and notify us if you know you are going to be late for your appointment.

**Obesity service administrator: 01223 348124**
Please use this number for any general queries you may have.

**Obesity specialist nurses, dietitians and psychologist: 01223 348251**
Please use this number if you have any questions relating to your diagnosis, treatment or are having difficulties.

**Clinic address:**
Obesity Clinic
Wolfson Diabetes and Endocrine Clinic
Institute of Metabolic Science
Box 281
Cambridge University Hospitals NHS Foundation Trust
Hills Road
Cambridge, CB2 0QQ
We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:

If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient.information@addenbrookes.nhs.uk.

Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.