

THE JERSEY BARIATRIC SERVICE

We offer a primary, Tier 4 (Surgical) weight loss service at the Jersey General Hospital for Jersey patients. A Tier 3, specialist, hospital based, weight management service is currently not supported on the island. Tier 1 and Tier 2 services which are universal health measures and lifestyle changes, are individually offered within the domain of GP based care, depending on the GP practice set up. Revisional (secondary) bariatric surgery may be considered on a case-by-case basis for recidivism and for surgery related issues.

In view of their efficacy, elective surgical placement of an adjustable Gastric Band is not offered on the island as part of the Bariatric Service. Nor is there a public outpatient service for adjustment of previously placed Gastric Bands. This is available in the private setting. However, surgical removal of Gastric Bands is offered at the hospital for band related problems, as is emergency decompression (emptying) of a slipped gastric band in an outpatient or Emergency Department setting.

Endoscopic intra-gastric Balloon placement and other endoscopic weight loss solutions (e.g. endoscopic gastroplasty) are also not routinely offered to public patients, in respect of the lack of long-term outcome data. These are again offered in the private setting and the public service will deal with any emergencies resulting from private surgery.

The Bariatric Service is not a 'first come-first served' service. Patients will be prioritised in respect of their obesity related risks so that the patients who are deemed most at risk or those where the risk/benefit ratio is more highly in favour of surgery will be prioritised, for example, priority will be given to those with a recent onset of Type II Diabetes. The waiting time for surgery is considerable.

Any patients who do not attend a clinic appointment without cancelling the appointment will be discussed in the MDT and discharged from the process – a letter will be sent to the patient and their GP and if they wish to be re-considered for the service then they will have to be re-referred.

BARIATRIC MDT

The Bariatric MDT will be comprised of at least:

- Bariatrician/Endocrinologist, Specialist Dietician, Bariatric Surgeon

The Bariatric MDT will discuss monthly:

1. All new referrals
2. Difficult/complex cases
3. Long waiters – max. 10 patients

WHO BMI CLASSIFICATION

- Overweight BMI 25 - 29.9 kg/m²
- Obesity Class I BMI 30 - 34.9 kg/m²
- Obesity Class II BMI 35 - 39.9 kg/m²
- Obesity Class III BMI 40 kg/m² or more

CRITERIA FOR PRIMARY WEIGHT LOSS SURGERY JERSEY PUBLIC CARE

- Body Mass Index (BMI) between 35-40 with a serious obesity related condition that might improve if you lost weight (such as type 2 diabetes or high blood pressure) or BMI greater than 40 regardless of associated medical conditions
- Surgery may be considered if BMI is less than 35
 - If recently diagnosed with Type II Diabetes (<5 years)
 - In those of Asian background
 - For men, when waist circumference is greater than 94cm
 - For women, when waist circumference is greater than 80cm
- Aged 18-60 years and fit for surgery and recovery after surgery
- No chronic life-threatening/terminal illness
- Non-smoker/non-vaping
- Motivated, with insight: wants and understands what surgery involves to a basic level
- Has attempted weight loss previously with diets and exercise but failed to achieve or maintain beneficial weight loss for at least 6 months
- Reasonable expectations regarding weight loss (benefits) and complications (risks)
- Agrees to changes to eating habits and exercise routine, to long-term follow up and regular blood tests

- Mental health stability
 - No untreated schizophrenia
 - No active alcohol or drug abuse
 - No history of not complying with medical recommendations
 - No suicidal attempts within last two years
 - Revisional (secondary) surgery will only be considered on a case-by-case individual patient basis
 - The Bariatric Surgical Service will look after any emergency bariatric patient in Jersey regardless of the status of their primary surgical status: private or public
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PRIVATE WEIGHT LOSS SURGERY

Private weight loss surgery is also possible in Jersey and on mainland UK. Most surgeons will broadly follow the same criteria to offer surgery. It is almost all self-funded as few insurance schemes support this in the UK. The total cost of surgery can vary but typically will be between £8,000 to £12,000. Patients do not need a referral from a GP for private treatment, but it is recommended to speak to a GP for advice first.

ABDOMINOPLASTY

Abdominal cosmetic surgery is not funded, however, the States will consider funding abdominoplasty ('tummy tuck') surgery in Jersey if ALL of the following criteria are met:

1. Body mass index less than 30 kg/m²
2. Significant stable (\geq 1 year) weight loss secondary to surgery or dieting
3. Estimated 500g or more of tissue to be removed
4. Non-smoker for at least 6 months
5. Chronic, significant, intractable, non-cosmetic problems relating to the flap (e.g. pain, hygiene/ulceration, interference with daily activities) not reasonably controllable by non-surgical means
6. Co-morbidities (e.g. asthma, diabetes) under control and stable.

These criteria would need to be assessed by a Consultant member of the Bariatric unit to offer support to an application for States funding.