**Digital Weight Management Programme (DWMP) Information Sheet**

**What is the Digital Weight Management Programme (DWMP)?**

**Overview.**

This is a specific programme for those patients with diabetes and hypertension or both and who meet the criteria below.

The NHS Digital Weight Management Programme supports adults living with obesity who also have a diagnosis of diabetes, hypertension or both, to manage their weight and improve their health.

**Criteria for Referral.**

A patient must:

* be 18 or over
* have a BMI greater than 30 (the BMI threshold will be lowered to 27.5 for people from black, Asian, and ethnic minority backgrounds, as we know people from these ethnic backgrounds are at an increased risk of conditions such as Type 2 diabetes at a lower BMI)
* have diabetes, high blood pressure, or both.
* must have a smartphone, tablet, or computer with internet access.

**Is there a % of the obesity register we must refer to the DWMP like there is with other weight management services?**

There is no target set in relation to % of obesity register but targets have been set in relation to referrals to DWMP. For Humber & North Yorkshire is it 3,705 referrals into the programme in 23/24.

Both GP Practices and community pharmacies (from Jan 2023) can refer those patients who meet the criteria to the NHS Digital Weight Management Programme. **Anyone** within the practice can make the referral as long as they have undertaken the training within the service specification, it **DOES NOT** have to be a clinician.

**Rejected Referrals**

Across North East & Yorkshire, in April 2023, we had around 150 referrals that were rejected (but nearly 1,000 that were accepted!). The most common reasons were:

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| --- | --- | --- |
| **Reason** | **Problem / Issue** | **Action needed to resolve** |
| Eligibility Criteria | Eligibility requirements, particularly the need for participants to have a diagnosis of diabetes, hypertension (or both) do not appear to be well understood.  In April 2023:   * 70% of the 150 rejected referrals were due to a lack of a diagnosed co-morbidity (hypertension and / or diabetes * 30% were rejected due to either the referral form missing height and / or weight information or the patients BMI not meeting the criteria of the programme (BMI ≥ 30kg/m², adjusted to 27.5kg/m² for people from black, Asian and ethnic minority groups) | Reminder communication on eligibility requirements  Repromotion of communications assets which set these out clearly. |
| Template version | Referrals are delivered through the e-Rs using a standard template re-designed to pull through all associated SNOMED codes. Any missing data will lead to rejection of the referral. Any local amendment of templates will lead to rejection of the referral.  We have PCNs across Humber & North Yorkshire still using version 1 of the form.  In April 2023, of the 30% of rejected referrals, 10% of the 150 would have been rejected (even if they had met the criteria of the programme) because the referral was submitted using vs1 of the referral form (all referrals should be made using version 2). | Version 1 of the Digital Weight Management Programme e-referral template has now been stood down.  GP practices must submit e-RS referrals to the new service name: “NHS Digital Weight Management Programme, NHS England Version 2”, using the postcode ST4 4LX (screenshot below). |
|  | | |
| Repeat Referrals | Patients can only be referred into the programme if they do not have a current ‘active’ referral. As NHS Number is attached to referrals any duplicate/multiple referrals will automatically be rejected.  In April 2023, of the 30% of rejected referrals, 3 patients would have been rejected (even if they had met the criteria of the programme) because it was a duplicated referral (the patient had already been referred into the programme within a 6-month period) | Reminder to participating professionals and organisations that it is only possible for patients to have one ‘active’ referral at any time.  Reiterate re-referral is possible only after 24 weeks of the original referrals date |
| Patient Engagement | Patients who are not responding to communications around referrals are contacted directly by our delivery partner to understand why. | Need Patient consent/engagement messages  Re-promotion of general practice and community pharmacy professional guidance |

**Other things to help.**

**New Weight Management Enhanced Service SNOMED codes**The basis for payments for referrals made under the Weight Management Enhanced Service has been reviewed. To reduce the burden on general practice staff to provide manual input and ensure consistency in reporting and recording of information, it has been agreed to add the following eligible referral codes for payments in 2022/23 to include the following:

**1402911000000108 - Referral to National Health Service Digital Weight Management Programme (procedure)**

**Toolkit**

Our [DWMP GP Referral Toolkit](https://www.england.nhs.uk/publication/the-nhs-digital-weight-management-programme-general-practice-toolkit/) has full details, including an infographic, on the process.

If you work in a General Practice, referrals are made via the NHS DWMP referral template on e-RS systems EMIS, SystmOne and Vision. To upload templates to your General Practice system, go to: <https://templates.wmp.nhs.uk/>

**How to make a referral – EMIS & S1**

To find the service on e-RS you can watch this [video](https://saprdnemlcsutraining1.z16.web.core.windows.net/Weight_Mgmt_Programme-Emis_Web/NHSEngland_-_Referral_to_Digital_Weight_Management_Program_Process_-_Emis_Web.mp4.). Up till 3:24 on the video shows how to make a referral on EMIS. From 3:24 demonstrates how to make a referral on the e-RS system.

**Patient Communications**

The NHS Digital Weight Management Programme patient leaflet can be found [here](https://www.england.nhs.uk/publication/the-nhs-digital-weight-management-programme-patient-leaflets/).

**FAQs & Link to Website**

Attached to the email are also some FAQs and a link to the DWMP website and attached our FAQ’s so you are able to read more about our programme: [NHS England » Digital weight management](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.england.nhs.uk%2Fourwork%2Fprevention%2Fdigital-weight-management%2F&data=05%7C01%7Chayley.patterson1%40nhs.net%7Ceb2d5797c6d54c38979908db1bc5c4c5%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638134308447717228%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=W7ilMbM9Nm8XMR0eJGL%2BvIcLxYd3HgCf0i9NJdFCXAA%3D&reserved=0)

**Communications to go onto Practice Websites**

**Graphical user interface

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