

Weight Loss Surgery (WLS) Referral Process

Primary Care Provider (PCP)/Specialist/Patient Interest in WLS



Patient directed to Halifax Obesity Network Website
advise patient to review all information located under
Patient Information & Handouts



PCP faxes Pathway to Bariatric Surgery Form
please be sure to include:
baseline weight/height/BMI and date patient started WLS eLearning program



PCP & Patient follow up Q3Monthly
medication adjustments
blood work
lifestyle-change coaching/referrals



Patient **successfully** completes **at least** 3 months of WLS Program

patients have:
tried 1200calorie Liquids Only Diet x 2 weeks
transitioned to and remain on 1200calorie Limited Choice Diet
stopped smoking for 6 months
implemented 30-60min of daily physical activity
had a modest weight loss of 10-20lbs



Pathway to Bariatric Referral Form Updated and Faxed

please include the patient's updated weight and BMI
check the "ready to be seen" box at the bottom right of this form



Initial Consult with WLS Team (NP & Dietician)

appointment is typically 45-60 minutes
patient is assessed using *Stages of Change* model
patient approved for next steps

or

patient provided feedback/coaching and rebooked for another appointment with NP/Dietician



Initial Consult with WLS Team Surgeon



WLS



1-Month Post-Op Assessment
typically completed with surgeon



3-Month Post-Op Assessment
typically completed with NP/Dietician



6-Month Post-Op Assessment
typically completed with NP/Dietician



WLS Clinic Discharge

patient will remain committed to lifelong change
Patient will follow up as needed with PCP