

Obesity Care Clinic

COMPREHENSIVE STREAM REFERRAL FORM

FAX TO 902-842-5142 NOTE: Only accepting referrals of patients that reside in Eastern Zone

Patient Name:			Health Card Number:		
Gender: Pronouns:			Date of Birth: (YYYY/MON/DD)		
Address:			Weight (kg)	Height (cm)	BMI (kg/m²)
Phone Number:					
Is it okay to leave a voicemail?					
Is patient aware of this referral and willing to participate in the program? Yes No					
<u>Exclusions</u>					
Acute coronary syndrome, CVA or VTE in the past 3 months			Active Eating Disorder		
Pregnant or breast feeding			Active Substance Use Disorder		
Unstable mental health disorders			BMI less than 30.0		
Inclusion Criteria Adult with BMI greater than 30.0 (with at least 1 adipose related co-morbidity) Edmonton Obesity Staging System (EOSS) between stage 2-4 Co-morbidities: Type 2 Diabetes Obstructive Sleep Apnea Dyslipidemia Cardiovascular Disease Hypertension Cerebrovascular Disease Osteoarthritis Gynecological complications: Metabolic dysfunction-associated steatotic liver disease Other: Notes:			Edmonton Obesity Staging System (EOSS) See page two for EOSS staging tool Stage 0 or 1 - managed in primary care by medical nutrition therapy, behaviour change and physical activity. Stage 2 - Established Comorbidity Stage 3 - End-Organ Damage Stage 4 - End-Stage		
Is patient appropriate for group classes/able to contribute?			☐ Yes ☐ No		
Are there any cognitive challenges that would influence learning? Notes:			☐ Yes ☐ No		
Referring Healthcare Provider: (print)		Primary Healthcare Provider: (If different from referring)			
Phone Number:		Phone Number:			
Fax Number:		Fax Number:			
Signature:		Date (YYYY/MON/DD):			

Please attach surgeon consult note/current medication list and fax to the number above. Our office will order detailed bloodwork specific to bariatrics. Primary Healthcare Providers will be copied on all the results.



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EOSS: EDMONTON OBESITY STAGING SYSTEM - Staging Tool

STAGE 0

- NO sign of obesity-related risk factors
- NO physical symptoms

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- NO psychological symptoms
- NO functional limitations

Case Example:

Physically active female with a BMI of 32 kg/m², no risk factors, no physical symptoms, no self-esteem issues, and no functional limitations.

Class I, Stage 0 Obesity

EOSS Score

WHO Obesity Classification

STAGE 1

- Patient has obesity-related SUBCLINICAL risk factors (borderline hypertension, impaired fasting glucose, elevated liver enzymes, etc.)
- OR-
- MILD physical symptoms patient currently not requiring medical treatment for comorbidities (dyspnea on moderate exertion, occasional aches/pains, fatigue, etc.) - OR -
- MILD obesity-related psychological symptoms and/or mild impairment of well-being (quality of life not impacted)

Case Example:

38 year old female with a BMI of 59.2 kg/m², boardline hypertension, mild lower back pain, and knee pain. Patient does not require any medical intervention.

Class III, Stage 1 Obesity

WHO CLASSIFICATION OF WEIGHT STATUS (BMI kg/m2)

Obese Class I 30 - 34.9 Obese Class II 35 - 39.9

Obese Class III Greater than or equal to 40



Stage 0 / Stage 1 Obesity

Patient does not meet clinical criteria for admission at this time. Please refer to primary care for further preventative treatment options.

STAGE 2

- Patient has **ESTABLISHED** obesity-related comorbidities requiring medical intervention (HTN, Type 2 Diabetes, sleep apnea, PCOS, osteroarthritis, reflux disease)
 - OR-
- **MODERATE** obesity-related psychological symptoms (depression, eating disorders, anxiety disorder) - ÒR-
- **MODERATE** functional limitations in daily activities (quality of life is beginning to be impacted)

Case Example:

32 year old male with a BMI of 36 kg/m² who has primary hypertension and obstructive sleep apnea.

Class II, Stage 2 Obesity

STAGE 3

- Patient has **significant** obesity-related end-organ damage (myocardial infaction, heart failure, diabetic complications, incapacitating osteoarthritis) - OR -
- SIGNIFICANT obesity-related psychological symptoms (major depression, suicide ideation) - OR -
- SIGNIFICANT functional limitations (eg: unable to work or complete routine activities, reduced mobility)
- SIGNIFICANT impairment of well-being (quality of life significantly impacted)

Case Example:

49 year old female with a BMI of 67 kg/m² diagnosed with sleep apnea, CV disease, GERD, and suffered from stroke. Patient's mobility is significantly limited due to osteoarthritis and gout.

Class III, Stage 3 Obesity

STAGE 4

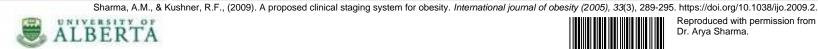
- **SEVERE** (potential end stage) from obesity-related comorbidities
 - OR-
- SEVERE disabling psychological symptoms - OR-
- SEVERE functional limitations

Case Example:

45 year old female with a BMI of 54 kg/m² who is in wheelchair because of disabling arthritis, severe hyperpnea, and anxiety disorder.

Class III, Stage 4 Obesity





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