



**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/m <sup>2</sup> )
Phone Number:				
Is it okay to leave a voicemail? <input type="checkbox"/> Yes <input type="checkbox"/> No				
Is patient aware of this referral and willing to participate in the program? <input type="checkbox"/> Yes <input type="checkbox"/> No				
<b>Exclusions</b>				
• 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		
<b>Inclusion Criteria</b>		<b>Edmonton Obesity Staging System (EOSS)</b>		
<ul style="list-style-type: none"> <li>• Adult with BMI greater than 30.0 (with at least 1 adipose related co-morbidity)</li> <li>• Edmonton Obesity Staging System (EOSS) between stage 2-4</li> </ul>		See page two for EOSS staging tool		
Co-morbidities: <input type="checkbox"/> Type 2 Diabetes <input type="checkbox"/> Obstructive Sleep Apnea <input type="checkbox"/> Dyslipidemia <input type="checkbox"/> Cardiovascular Disease <input type="checkbox"/> Hypertension <input type="checkbox"/> Cerebrovascular Disease <input type="checkbox"/> Osteoarthritis <input type="checkbox"/> Gynecological complications: _____ <input type="checkbox"/> Metabolic dysfunction-associated steatotic liver disease <input type="checkbox"/> Other: _____		<b>Stage 0 or 1</b> - managed in primary care by medical nutrition therapy, behaviour change and physical activity.  <input type="checkbox"/> <b>Stage 2</b> - Established Comorbidity  <input type="checkbox"/> <b>Stage 3</b> - End-Organ Damage  <input type="checkbox"/> <b>Stage 4</b> - End-Stage		
Notes:				
Is patient appropriate for group classes/able to contribute?		<input type="checkbox"/> Yes <input type="checkbox"/> No		
Are there any cognitive challenges that would influence learning? Notes:		<input type="checkbox"/> Yes <input type="checkbox"/> No		
<b>Referring Healthcare Provider:</b> (print)		<b>Primary Healthcare Provider:</b> (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
- **NO** psychological symptoms
- **NO** functional limitations

Case Example:  
 Physically active female with a BMI of 32 kg/m<sup>2</sup>, 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/m<sup>2</sup>, 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/m<sup>2</sup>)**

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, osteoarthritis, reflux disease)  
 - *OR* -
- **MODERATE** obesity-related psychological symptoms (depression, eating disorders, anxiety disorder)  
 - *OR* -
- **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/m<sup>2</sup> 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/m<sup>2</sup> 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/m<sup>2</sup> who is in wheelchair because of disabling arthritis, severe hyperpnea, and anxiety disorder.  
*Class III, Stage 4 Obesity*

Sharma, A.M., & Kushner, R.F., (2009). A proposed clinical staging system for obesity. *International journal of obesity* (2005), 33(3), 289-295. <https://doi.org/10.1038/ijo.2009.2>.

