

**FIRST CONTACT PRACTITIONER (DIETITIAN) SERVICE**

**Natalie Wilson**

* **Care Navigation Service**
* **Telephone/ video/ Face-to-face consultation: 30 minutes**

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| Inclusion Criteria | Exclusion Criteria |
| * BMI ≥30 with no comorbidities
* BMI ≥25 with a health condition that could be improved with weight loss\*
* Black, asian and minority ethnic BMI: ≥23
* Pre- diabetic (irrespective of BMI)
* Over 18 years old
* Registered with a Doncaster North PCN GP Practice.
* **Wanting to engage with a weight management service.**
 | * <18 years
* Acutely/systemically unwell
* Medication query
* Patient has an active eating disorder
* Pregnant
* Patients with unstable or severe mental health problems
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\*Health conditions that can be improved with weight loss could include Type 2 Diabetes, sleep apnoea, high blood pressure, hyperlipidaemia, cardiovascular disease, osteoarthritis, gout, gallstones.

**Care Navigation Information**

The Doncaster North Primary Care Network is now offering a First Contact Practitioner Dietitian Service led by Mrs Natalie Wilson who is currently based at The Lakeside Practice, Askern.

Natalie’s role is to assess and support patients to lose weight as per the service’s inclusion criteria. She will also be able to refer patients to the Tier 3 weight management service at DBTH if the patient would like to consider bariatric surgery. She will be able to offer telephone or video calls, in addition to face to face appointments. She will also be providing weight management group support in conjunction with The North PCN Health and Wellbeing coaches.

Natalie is not currently a prescriber but she is able to offer advice on simple medication and can liaise with a practice prescriber as necessary.

The FCP Dietitian appointments will allocated per practice list size.

**BMI calculator:** [BMI calculator | Check your BMI - NHS | Please fill in your details (www.nhs.uk)](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/)

**Care Navigators please ask the following questions and, if the patient fits the criteria, offer them an appointment with the First Contact Practitioner Dietitian.**

**Patient rings the GP Practice**

**Care Navigation**

What is the problem / reason for your call?

Patient does not feel unwell / have atemperature or flu-like symptoms

Care Navigator books the patient into the FCP Dietitian Service.

Please state reason for appointment when booking.

Call today is regarding weight management