

Ask the Experts:

“How can we better support people with obesity in East of England?”

14 April 2021, 6.30-7.30pm

Dr Abd Tahrani will share the findings of his recent paper which assessed the current integrated clinical pathway for obesity management in England,(1) followed by a panel discussion and ample opportunity to ask any and all questions you may have for the panel members.

This meeting will bring together those with a range of backgrounds and experiences to together develop an understanding of how we can better support those with obesity in this region. The meeting objective is to understand what works, what doesn't work, and how we can do better.

Please remember that you can submit questions for the panel in advance as well as during the meeting – submit your questions via the registration form found here or by emailing Rebecca.Jones@mrc-epd.cam.ac.uk. Please note, this event will not be recorded.

1. Hazlehurt JM, Logue J, Parretti HM, Abbott S, Brown A, Pournaras DJ, et al. Developing Integrated Clinical Pathways for the Management of Clinically Severe Adult Obesity: a Critique of NHS England Policy. *Curr Obes Rep* [Internet]. 2020;9:530–43. Available from: <https://doi.org/10.1007/s13679-020-00416-8>AHEALTH

Expert panel members:

Dr Abd Tahrani

Dr Abd Tahrani is a an ASO trustee and chair of the clinical practice and obesity management committee. He is a NIHR clinician scientist at the University of Birmingham (UOB) and Consultant in Obesity at Birmingham Heartlands Hospital. From September 2015 he was the clinical lead for weight management services and is currently the research lead. He and his team have established the pathways for weight management patients and developed the MDTs. He has worked across primary and secondary care and across disciplines to provide smooth transition between the different arms of the service. He has also developed the team's professional development and all members are working towards SCOPE certification. He has published more than 100 articles.

His main research interests are: obesity management, outcomes of bariatric surgery, and the metabolic impacts of sleep disorders. He obtained his PhD from the UOB in 2013 and he serves on the NIHR RfPB West Midlands panel. He currently supervises 4 PhD and 3 Master students and is the Chief investigator of 4 research projects. Dr. Tahrani was awarded World Obesity SCOPE National Fellowship in 2014 and the Sleep Disordered Breathing investigator award from the American Academy of Sleep Medicine in 2013.

Dr Carly Hughes

Dr Carly Anna Hughes is a GP and a trained bariatric physician working in the Fakenham weight management service (FWMS). She was a member of the NICE CG 189 Obesity guidance group. She set up FWMS which was awarded the National Obesity Forum Best Practice award and the Association for the Study of Obesity Best Practice award. She was a co-founder of the Norfolk Obesity Network. She is an honorary lecturer at the University of East Anglia Medical School, and a researcher with the MRC Epidemiology Unit at Cambridge. She has published over 20 articles, and lectures nationally and internationally on Obesity related topics. She is a World Obesity Federation SCOPE National Fellow.

Her research interests include weight loss maintenance, post-bariatric surgery long term follow-up, and reducing inactivity in people with complex obesity.

<https://fakenhamweightmanagementservice.co.uk/>

Mike Willis

Mike Willis spent most of his working life sitting down, fully occupied for long hours running a small business. This inevitably led to excess weight and type 2 diabetes. In 2018 he responded to a Facebook ad for an app-based coaching service, lost 16 kg by following a low-carb diet, and successfully changed his lifestyle to keep it off. The diabetes has been in remission for 3 years, and his blood pressure is down. He is the facilitator of a local diabetes peer support group which has now had more than 10 people getting to remission and many others have improved their condition too.

Madeleine Tatham

Since qualifying as a Clinical Psychologist from the University of Hertfordshire in 2004, Madeleine has specialised in the field of eating disorders. She completed the Postgraduate Diploma in Cognitive Behavioural Therapy whilst working at the Vincent Square Clinic for Eating Disorders in London and obtained full BABCP accreditation in 2013. Madeleine relocated to East Anglia in 2011 to set up the Norfolk Community Eating Disorders Service, where she had been working as Consultant Clinical Psychologist until 2020. During this time, she expanded her interest and clinical expertise of working in the obesity field and weight management when she joined the Tier 3 Weight Management service in Norwich in 2015. Although primarily specialising in CBT approaches for the eating disorders and obesity, Madeleine has a keen interest in other theoretical orientations and treatments.

Madeleine has contributed to several papers on the use, delivery and effectiveness of CBT for the eating disorders, including the development of a treatment manual for a brief 10-session CBT treatment for non-underweight patients in 2019. She regularly teaches on the CBT modules of

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Clinical Psychology Doctorate teaching programmes in the UK - including UEA - and has an interest in service development, evidence-based approaches and treatment outcomes. She recently took up a Lecturing post on the UEA PG Diploma in Evidence Based CBT IAPT High Intensity training programme as a secondment and is soon due to join the teaching team on the Postgraduate Diploma in Cognitive-Behavioural Therapy for Eating Disorders (CBT-ED) at Sheffield University in April 2021.