Programme

09.00  Registration & Tea/Coffee

09.30  Welcome & Introduction
       Isy Douek, Beth Greenslade, Rhodri King, Vanessa Snowdon-Carr

09.40  A patient perspective of the weight management journey
       Maggie Clinton, Service User and Obesity Empowerment Network

10.00  Weight management services: Models, recommendations and practice
       Dr Carly Hughes, GP, Lead of Specialist Weight Management Service

10.40  Weight management service evaluation: Hearing from the patient
       Bronwen Royall, Trainee Clinical Psychologist, University of Exeter

11.00  Coffee – take your coffee with you

11.10  Breakout group discussions
       Identifying and developing ways to improve pathways

11.40  Groups feedback & summary

12.00  Case discussions & problem solving: teams across the region

       Learning difficulties and surgery
           Dr Emma Kewin, Counselling Psychologist, North Bristol

       Complex medical comorbidities
           Professor Jon Pinkney, Professor of Medicine, Honorary Consultant Physician
           Diabetes and Endocrinology, Plymouth Hospitals NHS Trust

       Chronic mental health issues and engagement
           Dr Lisa McLelland, Consultant Psychiatrist EMOS

13.00  Lunch
13.45 Group work
What do we want from our ASO regional network?
- Style of meetings
- Consensus
- Data collection
- Research
- Network

14.15 Feedback

Novel ways of working

14.30 Integrating physiotherapy into a weight management services
Chris Baker, Senior physiotherapist NDDH

14.45 Evolution of the South Devon Level 3 service: Using community venues and self-referral
Dr Amanda Stride, Consultant Physician in Diabetes, Endocrinology and Obesity
Torbay and South Devon NHS Foundation Trust

15.00 A psychology led weight management service
Dr Gail Bohin, Consultant Clinical Psychologist Gloucester

15.15 Tea

15.30 Integrating psychology and dietetics: Outcomes and experience of the Understanding Eating Habits group
Amy Bull, Specialist Dietitian

15.45 Group based interventions
Sarah Hinds, Practitioner lead Weight Management Service, Plymouth Livewell

16.00 Development of a national obesity database
Rob Andrews, Associate Professor in Diabetes and Endocrinology, University of Exeter and Musgrove Park Hospital

16.15 Feedback, Summary and Evaluation

16.30 Close