



ASO Best Practice Award



Faye Keefe, Head of Weight Management Services, Spire Hospital Southampton

Faye holds full registration with the Association of Nutrition, she completed her degree in Health Sciences in 2001, and specialised in nutrition gaining a Master's degree in 2006. She worked in Southampton schools helping to transform the school meal service and supporting all Southampton schools to achieve healthy school's accreditation, going onto develop specialist weight management programmes. She works freelance writing for journals, lecturing to Health Promotion Undergraduates and is an accredited Weight Management Practitioner, having her own private practice Since 2011, also working with many commercial companies. She has headed up the Specialist Tier 3 Weight Management Service 'The Weigh Ahead' at Spire Southampton for the past 2 years, transforming the service over Hampshire, Dorset, Southampton City and Isle of Wight. She has also developed a private 'Lifestyle' weight management service, and since the beginning of 2018 has worked with the Spire Southampton Tier 4 bariatric service, she also holds the internationally recognised SCOPE certification and is a member of BOMSS.

The Spire Southampton 'The Weigh Ahead' Service.

Faye Keefe

The Spire Southampton 'The Weigh Ahead' Specialist Tier 3 Weight Management Service, Southampton, United Kingdom

The Spire Southampton 'The Weigh Ahead' Service, is a specialist Tier 3 weight management service, providing multi-disciplinary weight management programmes for NHS patients across Southampton City, Hampshire, Dorset and the Isle of Wight.

We are a team of Nutritionists, Behaviour Change Therapists, Activity Advisors, Dieticians, Bariatric Nurses, Administrators trained in motivational interviewing, GP with special interest in nutrition, and a Bariatric Physician.

Since 2016, we have redeveloped the service to focus primarily on behaviour change and include compassion-focussed interventions across the whole multidisciplinary team, which studies have shown significantly improves shame, self-criticism and emotional eating.

The Impact of this has been increased patient engagement with the 6 month service (less patients dropping out prior to completion), which increases the cost benefit to the NHS and overall effectiveness of the service (percent of patients completing in 2015 was 80%, compared with 83% in 2016, and 85% in 2017 (based on patients referred from Hampshire and Southampton City Clinical Commissioning Groups).

Since October 2017, the service has also started monitoring additional clinical outcomes measures alongside weight loss. Most notable of these outcomes in relation to the introduction of compassion-focussed interventions across the whole MDT is that 80% of patients completed their programme (between October 2017 and April 2018) with an improvement in their combined PHQ-9 and GAD-7 score (Spitzer et al., 1999), which is an indication of an improvement in mental wellbeing.