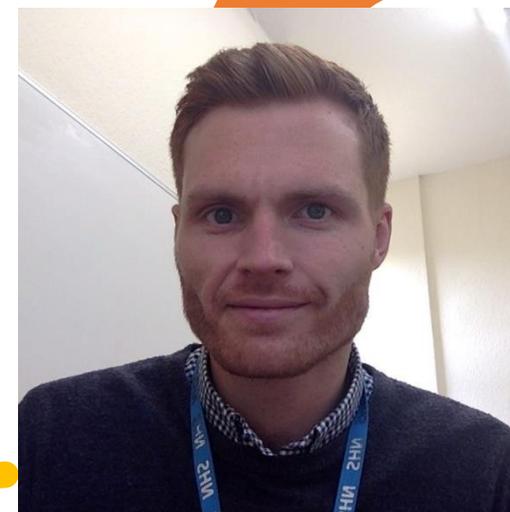




COSMIC-19

ASO **C**entres of **O**be**S**ity
Management In **C**ovid-**19** -
Consensus of Best Practices
(COSMIC-19)

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- Covid-19 has brought a significant number of challenges to the management of obesity.
- The need to reduce viral transmission through strict social distancing rules has had a dramatic impact on patient care.
- NHS England's advice to stop all non-essential face-to-face contact with patients has led to the development of innovative solutions.
- However, there is a growing understanding that non face-to-face clinics miss the subtle non verbal expressions that can make a difference to clinical care
- They also put an onus on the patient to self-monitor more than is considered usual care.
- Occasionally, these innovative solutions have a negative impact on the patient and healthcare professional.



- **Aims:**

- To produce a consensus statement concerning best clinical practices utilised by ASO Centres of Obesity Management that have evolved due to the need for social distancing brought about by the Covid pandemic.



• Objectives:

- Contact all ASO Centers of Obesity Management and invite them to join in with the project.
- Undertake a series of semi-quantitative interviews using MS Teams to explore key domains:
 - Care during Covid, Communication during Covid, Mental wellness of patients/staff, patient self-management/monitoring, digital exclusion & other emerging topics.
- Analyse interviews & develop a list of statements concerning best practice.
- Invite participants to join an online Delphi method process to determine consensus from the list of statements.
- Finally, discuss the outcomes through online webinar to gain feedback from participants as well as patient groups prior to publication.



Benefits to ASO & Participants

- The process of bringing centres together through an online forum will hopefully provide other benefits.
- These can not be easily measured but include:
 - Developing professional links through the process of networking,
 - Encouraging future collaboration between centres,
 - Providing a forum to share ideas,
 - Facilitate patient engagement.



Further information

- Sponsor: University Hospitals Derby & Burton NHS Trust
- Chief Investigator: Dr David Hughes
- Researcher: Guy Holt
- When do we start:

• www.cosmic19.com

