

# Pathway: CYP weight management support- Ages 0-19 years Final September 2022

## Access across life course

Referrals age range

**Children 0-4 years:**

- GP/ Primary care
- Early Help
- Maternity/ Perinatal
- Health Visitors
- Family/ self referral
- Early years/ childcare Provider

**Children 4- 13 years:**

- GP/ Primary care
- Early Help
- Family/ self referral
- NCMP
- School

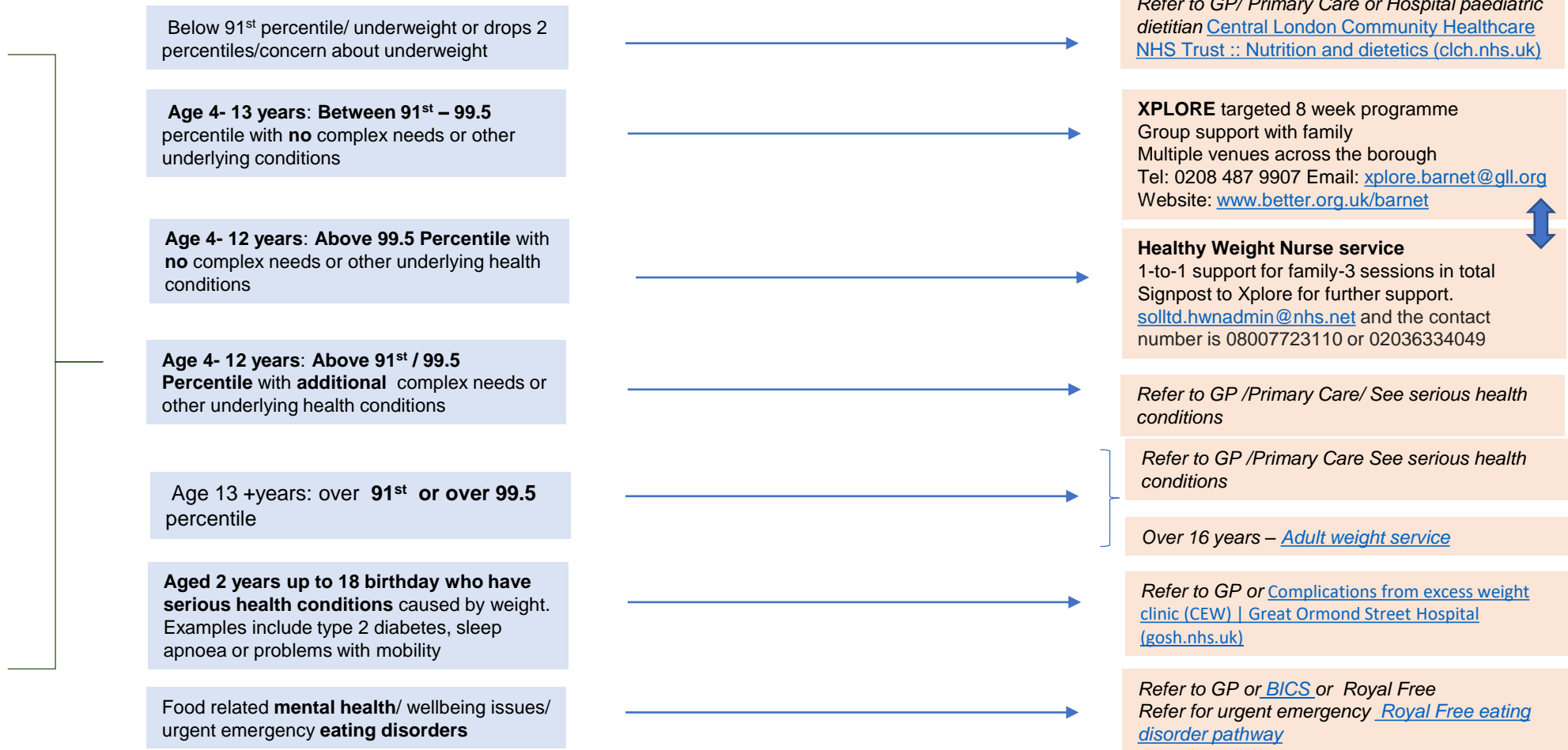
**Young people 13- 19 years:**

- GP/ Primary care
- Early Help
- School
- Youth services
- Family/ self referral

## Referral process

Assessment in Primary Care (eg GP, practice nurse, health visitor, school nurse, midwives)

- Check: height/weight. BMI calculation, using appropriate centile charts (ie Children’s Growth Charts, and separate Down’s Syndrome Chart).
- family history (to assess obesity burden in family, considering the possibility of metabolic diseases, and possible genetic causes).
- screen for special educational needs, sleep disordered breathing, asthma, depression, and social stigma (eg being bullied at school).
- For all ages with BMI >98th centile, check: blood pressure fasting, lipid profile, fasting glucose levels, liver function tests, thyroid function tests, urea, and electrolytes.
- For all ages with a change of 2 centiles, refer to GP
- Raise the issue of weight as a whole family approach, and consider referring to Adults Healthy Weight Pathway if adults also overweight.



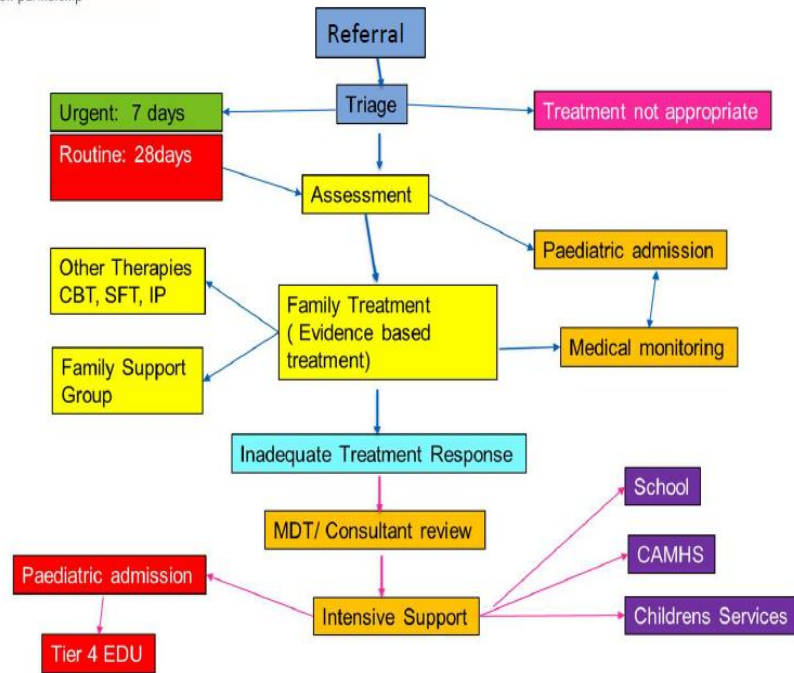
## Specialist support

Services and interventions to meet additional needs

# Pathway: CYP weight management support – up to 18 Years



## CYP Eating Disorders Care Pathway



The CYP Eating Disorders pathway involves close working between primary and secondary care, education, CAMHS, Family Support Groups, and others

[Eating disorder service](#) | [Child and adolescent mental health services](#) | [Services A-Z](#) | [Services](#) | [The Royal Free](#)

### Royal Free Eating disorder referrals

Eating disorder referrals are accepted from GPs, local CAMHS teams, and other NHS medical professionals.

There is not a waiting list for new referrals. The Team aim to see emergencies the same day and urgent referrals within one week, all other referrals within 4-6 weeks.

Please note that we DO NOT accept referrals for Binge Eating Disorder or ARFID.

Unless an emergency, please refer all patient over 17yrs and 9 months to adult ED services.

#### **RED FLAGS**

If the young person has weight loss of  $\geq 1\text{kg/week}$  and one or more of the following, then this patient will need the EMERGENCY/URGENT referral pathway. Please contact the DUTY CLINICIAN (07929791290) to discuss, or if out of hours please send to the Emergency Department.

- Weight loss  $\geq 1\text{kg/week}$
- Systolic BP (sitting BP)  $< 90\text{mmHg}$
- Postural Tachycardia (standing pulse – sitting pulse)
- Postural Hypotension (sitting BP – standing BP)
- Pulse (sitting)  $< 40\text{bpm}$
- Temperature  $< 35\text{oC}$

Until the YP has been assessed by us please monitor the following weekly and use Red Flags to continuously monitor risk:

- Weight
- BP (sitting and standing)
- Pulse (sitting and standing)

We do not need referrers to organise blood tests or any other investigations in advance, especially where young people may be rapidly losing weight. Please see the referrals tab on the [CAMHS main page](#) for contact details and further information.

[Refer to the Eating Disorders Service](#)