

# Weight loss QI project

## Forensic Directorate

# Background

- A population that are at high risk of weight gain
  - Lifestyle
  - Medication
  - Long stays in hospital
- The Department of Health have heightened two areas for action across the population
  - Smoking cessation
  - Weight loss

# Aim

- Achieving weight loss of 10% over 1 year.
  - This can be on an individual ward, in one of our two hospital or for all in-patients across the whole directorate.

## AIM

## PRIMARY DRIVERS

## SECONDARY DRIVERS

## CHANGE IDEAS

Average BMI to reduce by 10% within 12M of project start date

Fitness activities available for inpatients

Identify patients who are obese or are at risk of obesity on admission

Support healthy eating whilst in hospital

Sports and leisure programme

Access to Community facilities

Measure and document BMI in a robust and routine manner

Engage identified service users and treating teams in wellbeing initiatives

Create structures for service users self-catering on rehab wards

Canteen food options to meet healthy lifestyle requirements

Develop fitness rewards programme for service users

Improve range and frequency of community sport activities , including partnerships with Hackney Council and Lifeline

Consistent measurement of BMI at point of admission and then every two weeks thereafter

Staff training in consistent BMI measurement

Systematic recording of patient BMI in RiO

Integrate into medical care through ward round

MDT support in helping high risk patients to manage 'takeaway' foods

Run SU self-catering project on one ward as pilot project (QI 0027)

Look to extend to 2 further wards if pilot successful

Increased access to supervised cooking in kitchen areas of wards (Pilot: Limehouse ward)

Work with G4S catering to limit portion size and repeat portions

Service user involvement in canteen menu planning in relation to healthy options

# Methods

- Weigh people consistently in a way that allows data to be collected easily
  - Record weights on RiO
- Develop projects on wards that focus on better calories in and out
- Consider what hospital or directorate projects can be developed (harder)
- Set up ward based projects
- Meet fortnightly to maintain momentum and help formulate projects.

# Some of the projects

- Limehouse ward
  - People keep a diary of what they eat
  - Incentivising people to loose weight running completions
- Takeaways project (service wide)
- Morrison ward weight loss project
- There are other projects that will influence people's weight that are already running.

# What is working well

- We seem to be recording people's weight consistently now, but just now. This measure can be used by lots of projects on this and related subjects.
- A small but increasing group of enthusiastic people.
- The subject generates lots of change ideas.
- The subjects fits nicely with the directorates project to bring in a smoking ban in January 2016.

# What is not working well

- Uncertainty about how we use RiO forms.
- Maintaining the momentum of the QI project group (meetings not happening)
- Expert advice in developing more sophisticated projects (investment in weight loss).



# Where to next

- Embedding electronic recording of weight. Collecting the weight data every week or two weeks.
- Develop ward based projects.
- Restart fortnightly weight loss QI project group meetings.
- Lobby for dietetics input into projects.