

**Appendix F:  
Service Changes**

**Being fit for surgery: patients with high BMI and those who smoke  
A proposal for public consultation as par to 'let's talk'.**

<b>Organisation</b>	Herts Valleys CCG and East and North Hertfordshire CCG
<b>Lead manager &amp; contact details</b>	Key contacts: Nuala Milbourn ( <a href="mailto:Nuala.Milbourn@enhertsccg.nhs.uk">Nuala.Milbourn@enhertsccg.nhs.uk</a> ) Juliet Rodgers ( <a href="mailto:Juliet.Rodgers@hertsvalleysccg.nhs.uk">Juliet.Rodgers@hertsvalleysccg.nhs.uk</a> )
<b>Description of service variation</b>	<p>Revision of policy for access to non-urgent surgery for those with a high BMI and those who smoke.</p> <p>Current policy being strengthened.</p> <p>People with a high BMI would be required to lose a percentage of their weight (15% if BMI is over 40 and 10% for those with a BMI of over 30).</p> <p>Smokers would need to stop smoking before non-urgent surgery and this would be evidenced by a carbon monoxide test.</p> <p>Clinical exceptions would apply – for example if waiting for surgery would be more harmful for the patient.</p>
<b>Reasons for service variation i.e. Case for Change</b>	<p>To ensure patients are as healthy as they can be before undergoing surgery and to encourage longer term healthier lifestyles.</p> <p>There is strong clinical evidence that proves that surgery carries significantly higher risks for people who are overweight and for those who smoke. These patients are much more likely to suffer serious breathing problems, get infections and have heart, kidney and lung complications. It also takes them longer to recover and they have a</p>

	<p>higher risk of dying under anaesthetic. If people are in better physical shape before routine surgery, it reduces their risks during the operation and improves their recovery afterwards.</p> <p>The policy is also intended to encourage people to develop a healthier weight so that they can avoid the illnesses that so often accompany a high BMI: heart disease, cancer, diabetes. It is also aimed at reducing smoking amongst local people and thereby help people avoid the illnesses associated with smoking such as cancer, heart disease and stroke.</p>
<b>Impact on the Wider Community</b> <i>(e.g. transport, accessibility)</i>	We expect more referrals into weight management and stop smoking services.
<b>Number of Patients/Carers Affected</b>	<p>Approximately 21.5% of Hertfordshire residents are overweight or obese. We are not able to provide figures for those who would be affected by this particular policy about being fit for surgery.</p> <p>15% of Hertfordshire residents smoke. We are not able to provide figures for those who would be affected by this particular policy about being fit for surgery.</p>
<b>Changes in Methods of Service Delivery</b>	Proposed change to pathway for people seeking routine surgery who have a high BMI or who smoke. As above.
<b>Impact on other Services</b> <i>(e.g. health, social care, voluntary sector)</i>	Reducing smoking prevalence and the number of people who have an unhealthy weight could ease pressure on health and other services.
<b>Impact on different communities</b> <i>(e.g. age, gender, locality)</i>	Please see equality assessment. Links to go live 8 July: <a href="http://www.healthierfuture.org.uk/nhsletstalk">www.healthierfuture.org.uk/nhsletstalk</a>
<b>Date due at Health &amp; Wellbeing Board</b>	Herts Valleys financial turnaround plans discussed at HWBB 19 May 2017 Programme as a whole presented at HWBB conference 30 June
<b>Proposed Engagement</b>	This is one of the proposals that form part of the major 'let's talk' consultation programme that both CCGs are conducting over the summer months.