



GIG
CYMRU
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WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board



Freedom of Information Request: Our Reference CTMUHB_300_25

You asked:

Please respond to the following questions as a Freedom of Information request:

What is the content of any policy document or clinical referral protocol or guidance (henceforth abbreviated as 'policy') in current use in the Health Board which describes whether patients living with overweight or obesity, who are under consideration or seeking referral for hip or knee replacement surgery, are subject to any of the following:

- **A BMI threshold for referral to surgery or listing for surgery**
- **A requirement to accept referral or support for weight management ahead of surgical referral or listing for surgery**
- **A requirement to demonstrate attempted or successful weight loss ahead of surgical referral or listing for surgery**
- **Postponement or delay to their surgical referral or listing for surgery, whether or not the patient chooses to engage in weight management during that time.**

'We are requiring GPs to provide BMI information on any individual they refer for an outpatient appointment. Where the BMI is above 35, this will trigger the GP immediately discussing weight management services with the individual (capacity allowing).

All new referrals are clinically triaged and patients with a BMI above 35 will be contacted to offer advice and support on weight management at the earliest opportunity within the ELP service.

When the individual is then seen at an outpatient appointment (regardless of whether they have lost weight or not), their BMI will be taken again and an individual clinical review will determine whether the patient needs an operation.

If an operation is required, a consultant will decide whether they need to lower their BMI in order to be considered safe to operate on and if so, a target BMI will be agreed with the patient. If it is considered too high risk, they will still be added to the PIFU waiting list as above.

Patients will need to be clear about what they are being asked to achieve i.e. they will need to be set a weight based target rather than a BMI target. They can then contact the consultant (using the contact details provided) when they have hit the mutually agreed target so that their waiting list status can be changed to active. They will then need to maintain their Readiness for Surgery status in order to have the operation. If their BMI increases and the individual assessment is that they are no longer safe to operate on, they will become a non-active member of the waiting list again until they regain their readiness for surgery status.'

1. What was the start date for the policy?

This policy was disseminated 23.05.25.

2. What is the planned review date for the policy?

The policy will be reviewed in line with health board regulations. There are mechanisms where the policy can be reviewed outside of these should there be concerns or amendments needed.

3. If no such policy is currently in place, are there plans for policy introduction?

N/A.

4. If so, when and of what content?

N/A.