

# ChangePoint.

## Referral Information Sheet

This information sheet has been designed for referrers to understand the referral criteria and to provide a step by step guide on how to refer a patient to the service.

As you are aware, this is a self-referral **and** referral service for Tier 2 and Tier 3. Patients eligible for ChangePoint will need to meet the Eligibility Criteria attached to this communication. Please note this referral form is to be completed by health professionals only. Once you have decided that your patient is at the appropriate state of change\* for this service the referrer will need to complete the ChangePoint Referral Form.

### *Here is a step by step guide to completing the referral form:*

#### ♥ Patient Details

Please complete all the patient details requested on the form, which include contact details, NHS number, GP surgery (if appropriate) and date of birth.

#### ♥ Medical Conditions / Relevant Conditions

This section gives the referrer the opportunity to inform us of any 'other' conditions that may be relevant.

#### ♥ Behaviour Change \* (see additional Information)

Confirm that the patient is at the correct state of change (Contemplation, Preparation, Action, or Maintenance - not Pre Contemplation) to access this service.

#### ♥ Referrer Details

Please ensure all referrer details are completed

♥ **Referral Criteria**

Your response to this question will help us identify the appropriate service that the patient may need.

♥ **Other Considerations / Co-Pathologies**

Please detail any other useful information here. Any previous referral schemes and services the patient may have attended. This information will assist us in designing a personalised health plan for the patient.

♥ **Relevant Medications**

This section also gives the referrer the opportunity to inform us of any prescribed patient medication that may be relevant which may also affect their ability to do certain activities.

♥ **Informed Consent:**

Please ensure the informed consent paragraph is read and understood by the patient.

**Finally.....**

- ♥ Please check that all sections of the referral form are completed in full. I'm sure you can appreciate the importance of having sufficient information to ensure we can provide an appropriate, individualised service for the patient.
- ♥ If there are elements which are Incomplete, we will return the forms back to the referrer stating what critical information is lacking.

**Once received.....**

- ♥ ChangePoint Weight Management Specialists will check the referral form
- ♥ We will contact the patient directly to arrange their individual initial assessment within 3 working days
- ♥ We will keep you informed via on-going communication regarding your patient's progress as appropriate.

***Completed referral forms should be sent to:***

Everyone Health, Ashfield Health Village, Portland Street, Kirkby-in-Ashfield, NG17 7AE

**Or**

Secure Email: [changepointnotts@everyonehealth.co.uk](mailto:changepointnotts@everyonehealth.co.uk)

**Everyone Health Contact details:**

**e:** [changepointnotts@everyonehealth.co.uk](mailto:changepointnotts@everyonehealth.co.uk)

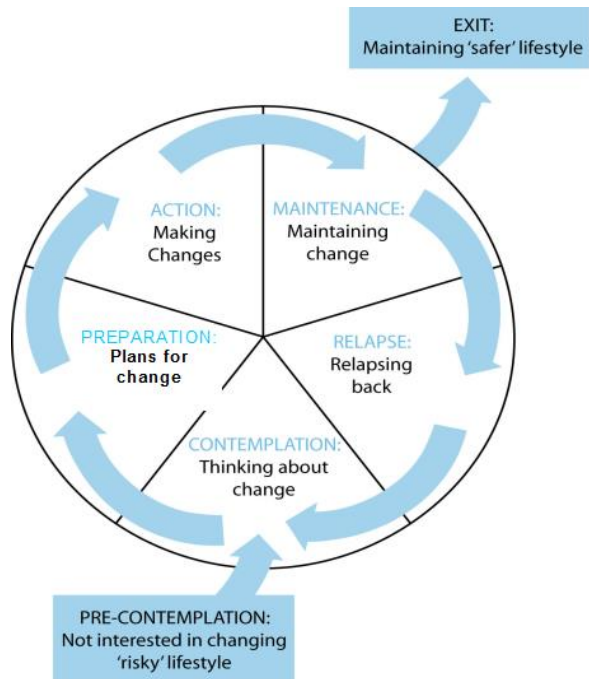
**t:** 08453 89 00 66

**w:** [www.everyonehealth.co.uk](http://www.everyonehealth.co.uk)

**What is Stage of change?**

Stage of Change lies at the heart of the Transtheoretical Model (TTM) which helps to conceptualise the process of behaviour change. People move through a series of stages when modifying behaviour. While the time a person can stay in each stage is variable, the tasks required to move to the next stage are not. Certain principles and processes of change work best at each stage to reduce resistance, facilitate progress, and prevent relapse. Health population programs need to assist people as they progress over time.

- ♥ Stages are both stable and open to change, just as chronic behavior risk factors are both stable and open to change.
- ♥ Population health initiatives can motivate change by enhancing the understanding of the pros and diminishing the value of the cons.
- ♥ The majority of at-risk populations are not prepared for action and will not be served by traditional action-oriented prevention programs. Helping people set realistic goals, like progressing to the next stage, will facilitate the change process.
- ♥ Specific principles and processes of change need to be emphasised at specific stages for progress through the stages to occur.



**Precontemplation (Not Ready):** people do not intend to take action in the foreseeable future, usually measured as the next six months. **Not suitable for referral**

**Contemplation (Getting Ready):** people intend to change in the next six months. They are more aware of the pros of changing, but are also acutely aware of the cons. **Suitable for Referral**

**Preparation (Ready):** people intend to take action in the immediate future, usually measured as the next month. Typically, they have already taken some significant action in the past year. **Suitable for Referral**

**Action:** people have made specific overt modifications in their lifestyles within the past six months. **Suitable for Referral**

**Maintenance:** people have made specific overt modifications in their lifestyles and are working to prevent relapse; however, they do not apply change processes as frequently as do people in Action. **Suitable for Referral**

Patients would benefit from specific actions determined by their stage of change: See Making everyone contact count (MECC: <http://www.makeeverycontactcount.co.uk/>) for more information.