

# THE SLIMMING CLINIC™

Doctor Led Personal Weight Loss

## The Slimming Clinic Overview of Services



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If you'd like to learn more about our GP referral scheme, visit <https://theslimmingclinic.com/GPinfo>



# Welcome

The Slimming Clinic is proud to be the **UK's largest provider**

of private non-surgical medical weight management solutions, specialising in doctor-led and patient-centred weight loss programmes for those with overweight or obesity.

The company, founded in 1984, helps patients achieve their weight loss goals through medical consultation, behavioural change, and prescription medication.



*"I lost  
5st 7lbs"*

Shivon  
Administrator

# Our History



**The company was founded in 1984 as the National Slimming and Cosmetic Clinic. The service has always been doctor-led, providing prescription of anti-obesity medication alongside dietary and lifestyle advice.**

In 2018 the company was bought by Harwood and a new senior management team was introduced, who decided to cease the cosmetic services and rebrand the company to The Slimming Clinic to focus solely on developing a multi-disciplinary weight management service.

Throughout 2019, the service was transitioned from a transactional weekly prescription service to a programme-based service supporting patient education, lifestyle review and behavioural change alongside prescription medication.

A multi-disciplinary treatment programme was introduced offering a comprehensive package of care led by doctor, nurse, dietitian, personal trainer and counsellor.



Alongside developing the treatment programmes, we began expansion from 23 UK wide clinics to increase the geographical spread of the service.

In a response to the Covid-19 pandemic, the service was adapted to be delivered remotely from March 2020. This remote service proved popular with both patients and staff alike and allowed nationwide provision of our services.

It was therefore decided to remain a remote service and in August 2020 the decision was made to not reopen the clinics. Since March, patient care has been delivered remotely by phone and video consultations.

# Regulation and Clinical Standards



## When operating within clinics,

The Slimming Clinic was regulated by CQC in England, HIS in Scotland and HIW in Wales for the regulated activity of non-surgical slimming services delivered through a clinic location.

Following our transition to a remote service, and after consultation with each regulatory body, we retain regulation by the CQC and HIS but with a change to regulated activity to a digital remote provider. At present we are no longer regulated by HIW as we have no doctors who reside within Wales however our registration with CQC and HIS allows us to continue to treat Welsh patients.

As a provider of doctor-led non-surgical weight management services providing pharmacological interventions, our patient care is in line with the NICE Clinical Guideline CG198 – Obesity: identification, assessment and management, considering pharmacological anti-obesity medication for patients with a BMI >25kg/m<sup>2</sup> who have failed to achieve and sustain weight loss with lifestyle interventions alone.

As two of our prescriptive anti-obesity medications are Controlled Drugs, our supply, storage, ordering, dispensing and destruction of this medication is in line with the legal requirements for prescribing and dispensing Controlled Drugs, as outlined in below legislation and national standards.

- **The Misuse of Drugs Act 1971**
- **The Misuse of Drugs (Safe Custody) Regulations 1973**
- **The Misuse of Drugs Regulations 2001**
- **The Controlled Drugs (Supervision of Management and Use) Regulations 2006**
- **NICE NG46 Controlled drugs: safe use and management 2016**



## Our Aim

Our aim is supporting those with overweight and obesity to lose weight through diet, exercise and lifestyle behavioural changes alongside the use of pharmacotherapy, to improve their health, well-being and reduce weight-related risk factors.

Patient-centred care is at the core of our treatment programmes with our entire team supporting and encouraging patients along their journey to being healthier. We offer a range of different treatment programmes alongside which the patient can be considered for anti-obesity prescriptive medicines as adjuncts to the lifestyle and behavioural changes.

Our doctors advise patients on realistic and achievable dietary and lifestyle changes which are reviewed and adjusted weekly as the patient progresses. Any prescription medication is also reviewed for toleration and efficacy. Dependent on the treatment programme chosen by the patient, their care will be overseen by a doctor plus the additional multi-disciplinary practitioners.

## Our Patients

At The Slimming Clinic, our clinicians will consult with any patient with a **BMI > 24.9 kg/m<sup>2</sup>**.

Our treatment programmes are suitable for patients with a BMI 24.9-26.9 kg/m<sup>2</sup>, however the addition of prescription medication to the treatment programme is only for clinically suitable patients with a BMI > 27 kg/m<sup>2</sup>. We have no upper limit of BMI we can treat.



We will consult with any patient with a qualifying BMI from the age of 18 years upwards. Through the variety of prescription medication we offer, we can treat patients up to the age of 75 years if deemed medically suitable by our medical team. From a recent analysis of our active patient list, 93% of our current patients are female and 7% are male.

The age distribution of our current patients is shown below, with 56% of our patients between the ages of 35-54 years of age.

*"I lost  
3st 10lbs"*  
- Jason

Before



After



# Our Treatment Programmes

**OUR TREATMENT PROGRAMMES** offer patients varying levels of support enabling us to treat a wide range of patients based on their clinical need and personal circumstances.

Our treatment programmes are designed to be a **3-month minimum** length of treatment, allowing the medical team to ensure the patients makes sufficient progress towards achieving a 5% total body weight loss from their starting weight in 12 weeks.

As per NICE guidelines, a medical weight loss intervention is deemed effective if the patient reaches this target in 12 weeks.

At The Slimming Clinic we have the ability to adjust and change the patients' treatment programme and prescription medication if adequate progress is not achieved on their initial programme.

*"I lost  
4st"*

Terry  
Driver



# Initial Video Consultation



**During the Initial Video Consultation, a comprehensive medical history is taken from the patient including their personal history, any relevant family history and drug history via video call.**

During this video call, a basic clinical examination and starting body measurements are taken from the patient to assess suitability. If required, owing to their measurements, BMI or any medical contraindications we may discover on this call, some patients will be asked to attend a physical screening, where a basic medical examination is performed by a contracted third-party medical provider in a clinic location.

This ensures we are able to treat patients safely. By interpreting the medical history taken at consultation, the examination and body measurements results, the doctors can recommend a suitable treatment programme and any prescription medication. During the Initial Video Consultation, doctors will also discuss a suitable timeframe to the patients goal healthy weight based on a sustainable rate of weight loss of 1-2lbs per week.

Patients in a treatment programme are reviewed on a weekly basis by their medical team to ensure progress of weight loss and reduction of risk factors as well as toleration of any prescription medicines.



# Foundation

Foundation is the most basic of our 3-month minimum treatment programmes that the patient can choose after their Initial Video Consultation.

This treatment programme offers patients weekly remote appointments with our experienced doctors and nurses.

The clinician reviews their weight loss progress and advises on ongoing diet, lifestyle and behavioural changes. The clinician monitors the efficacy and toleration of any medication prescribed.

### Foundation Benefits:

- ✓ Prescription Weight Loss Medication
- ✓ Clinician Progress Follow Ups
- ✓ Blood Pressure Monitor, where necessary
- ✓ Web Form Reordering System



*“I lost  
4st 7lbs”*

Erin  
Call centre manager



# CHANGE

Personal Support for Diet, Body & Mind

## The Change treatment programme is again a 3-month minimum programme

that builds on Foundation and offers patients the same weekly appointments with our doctors and nurses but includes the addition of two dietary supplements alongside any appropriate prescription medication.

GZ12, is a capsule supplement created by and solely for The Slimming Clinic. It contains (per 2 capsules) 1000mg glucomannan, 6µg Vitamin B12 and 2mg Zinc. Glucomannan, the main ingredient of the supplement, is the only herbal supplement supported by the European Food Safety Authority (EFSA) to aide weight loss.

The EFSA Scientific Opinion panel “found a statistically significant effect of glucomannan on body weight loss in the context of a hypocaloric diet when administered as a pre-load before meals”. Our patients are advised to take the GZ12 supplement in combination with their dietary plan, prior to each meal. Vitamin B12 and Zinc are additional elements that help support the fatigue caused by a calorie deficient diet and glycaemic control respectively.

Chromium is the other dietary supplement, containing 200µg chromium picolinate per capsule. As an essential mineral, chromium is taken each day for its role in supporting glycaemic control which is often altered in patient with overweight or obesity.

Change patients also benefit from our private Facebook group where they receive motivational support from our doctors, dietitian, movement coach and counsellor as well as peer support from the community of other patients on a similar weight loss journey.



### Change Benefits:

- ✓ Prescription Weight Loss Medication
- ✓ Clinician Progress Follow Ups
- ✓ Blood Pressure Monitor, where necessary
- ✓ Web Form Reordering System
- ✓ Monthly Supplement – GZ12
- ✓ Monthly Supplement – Chromium
- ✓ Group Support



The i-Change Elite treatment programme, further builds on the Change programme. It is another **3-month minimum programme** where the patients care is led by our doctors and nurses on a weekly basis.

Patient are supported with the dietary supplements and prescription medication as appropriate.

In addition, i-Change Elite patients benefit from a set of smart scales and BP monitor.

We have partnered with Qardio to offer patients a way to monitor their progress and health at home that allows our clinicians to see and monitor patient results through an online clinician platform, Qardio MD.

Not only do these patients benefit from enhanced clinical care through closer, real-time monitoring of weight and blood pressure but they benefit from the proven effect of personal accountability of results, improving overall weight lost.

i-Change Elite patients are also invited to our private Facebook group for ongoing support between appointments.



#### i-Change Elite Benefits:

- ✓ Prescription Weight Loss Medication
- ✓ Clinician Progress Follow Ups
- ✓ Blood Pressure Monitor, where necessary
- ✓ Web Form Reordering System
- ✓ Monthly Supplement – GZ12
- ✓ Monthly Supplement – Chromium
- ✓ Group Support
- ✓ Smart Scales
- ✓ Digital Blood Pressure Monitor

**QARDIO**



## Prescription Anti-Obesity Medication

In line with NICE Clinical Guideline CG189, our doctors will only prescribe anti-obesity medication to patients with a **BMI >30 kg/m<sup>2</sup>** or **BMI >27 kg/m<sup>2</sup>** with a medical co-morbidity.

If suitable, one of the following medications can be prescribed:

- **Xenical® (orlistat) – lipase inhibitor**
- **Phentermine or Diethylpropion - sympathomimetic amines**
- **Saxenda® (liraglutide) - glucagon-like peptide-1 (GLP-1) receptor agonist**

#### Phentermine/ Diethylpropion

These centrally-acting appetite suppressants are sympathomimetic amines that influence noradrenaline and dopamine neurotransmission within the appetite control centre of the brain (hypothalamus). These medications target the arcuate nucleus of the hypothalamus leading to stimulation of anorexigenic (appetite reducing) pathways resulting in decreased hunger and increased satiety. The formulations we prescribe, Phentermine HCL 18.6mg and 37.2mg tablets and Diethylpropion 25mg and 75mg tablets are unlicensed medications and Class C/Schedule 3 Controlled Drugs. Our doctors and prescribing nurses prescribe these medications to the patient as a 'Special' according to the Medicines Act (1968) allowing the supply of tailor-made medicinal products to the named patient that cannot be met by licensed medicinal products. The prescription of this medication remains under the direct personal responsibility of The Slimming Clinic doctor and prescribing nurses. All patients are made aware of the medication being unlicensed before commencing this medication and it is included throughout our patient literature.

These medications are safe and legal to use under the supervision of registered medical practitioner. The history of these medications can create confusion regarding their use. In 2000, the European Commission withdrew the marketing authorisations for these medications. On 26 November 2002, the European Court of First Instance annulled this European Commission decision, given that the decision was not made on the basis of any safety or efficacy information relating to these drugs, and the medications were legally allowed to be prescribed as a short-term adjunct to weight loss.



#### Xenical (orlistat)

A lipase inhibitor, that reduces the absorption of dietary fat, used as an adjunct in overweight and obese patients. This is a MHRA licensed medication, approved by NICE for the treatment of obesity.



#### Saxenda® (liraglutide)

Liraglutide is a glucagon-like peptide-1 (GLP-1) receptor agonist. Saxenda® received a European marketing authorisation in March 2015 and was launched in the UK in January 2017. It is licensed as an adjunct to a reduced-calorie diet and increased physical activity for weight management in adult patients with an overweight or obese BMI.

GLP-1 is a physiological regulator of appetite and glucose metabolism. There are two complimentary mechanisms that lead to the effect of GLP-1 on appetite: indirect effects on fullness and satiety through delayed gastric emptying and distension of the stomach and direct effects on GLP-1 receptors in the appetite control centre of the brain.



# Our Medical Workforce

**At The Slimming Clinic we have a team of 21 GMC-registered doctors, 1 NMC-registered prescribing nurse and 1 NMC-registered general nurse.**

We ensure all our doctors and nurses maintain their registration with their regulatory body's (GMC and NMC) and adhere to the appraisal and revalidation guidelines upon them.

We internally appraise our clinical staff on an annual basis with supervision and review of practice throughout the year via direct observation and clinical note audit.

Within our multi-disciplinary team, our **Dietitian** is a HCPC-registered Dietitian with experience in bariatric practice.

Our **Movement Coach** is an Advanced Level 4 Personal Trainer with certification in exercise management for obesity.

Our **Mindset Coach** is a qualified Counsellor/ Psychotherapist and a Registered Member of the British Association of Counsellors & Psychotherapist (MBACP).

We provide our medical staff (doctors, nurses, multi-disciplinary practitioners) with Professional Indemnity Insurance for the clinical work they provide to our patients.



**Diet** – Lesley Ried



**Movement** – Phil Calvert



**Mind** – Andrea Rose

# Consent

**All patients are required to consent to treatment at The Slimming Clinic.**

During their pre-consultation, Part 1 and Part 2 Weight Loss and Wellness Assessments the clinical team will establish if the patient has the mental capacity to consent to treatment.

Suitable patients are then sent an electronic consent form to sign prior to any prescriptive medication being dispensed and dispatched.

**"I lost 3st 12lbs"**

- Kirsty

Before



After



# Safeguarding Patients

As a healthcare service we have a Safeguarding Policy, led by our Safeguarding Lead, for the protection of vulnerable adults and children.

**Although we do not directly treat children, we have an obligation to raise any concerns related to children to local safeguarding teams.**

If our medical and multi-disciplinary practitioners identify any immediate risk either a patient or others, they inform senior management and a decision is made to break patient confidentiality and inform the required external service.

If our medical and multi-disciplinary practitioners identify any other medical issues not within our remit of care, with patients consent, we inform external health providers such as the patients GP to ensure ongoing investigation and care.



# Complaints, Comments and Suggestions

**We have an established **Complaints Policy** and process led by our Patient Services Team.**

They investigate and respond to any complaints, comments and suggestions after liaison with the appropriate senior manager.

All complaints are reviewed with the senior management team each week and appropriate actions and/or adjustments to policies and procedures are made.

If staff members are identified to have been involved in a complaint, this is directed either to a line manager or senior manager to review and take appropriate action.



# Semaglutide

## **Semaglutide 2.4mg weekly, is a new anti-obesity medication that has been submitted to regulators across Europe and the USA.**

It is generating considerable excitement with regards to the amount of weight loss it produced in the five phase 3 STEP (Semaglutide Treatment Effect in People with obesity) trials.

Compared to current medications indicate for obesity management (orlistat, phentermine-topiramate, liraglutide) which produce on average 4–7% greater weight loss than placebo, semaglutide doubles this weight loss.

The average weight loss of 15% means a real chance of clinical improvement for patients with obesity and obesity-related diseases.

Similar to liraglutide before its licensing for the treatment of obesity, semaglutide 1.0mg weekly is already in use for the treatment of diabetes so there is already acceptance and comfortability with its use.

Gastrointestinal side effects, such as nausea and vomiting are the main tolerability issues requiring the dose to be titrated weekly.

In the ongoing SELECT study, semaglutide 2.4 mg weekly is associated with reduction of cardiovascular events in people with overweight and obesity but without diabetes, and who have pre-existing cardiovascular disease.

As obesity medicine continues to develop, semaglutide 2.4 mg is one of several promising new drugs in development as understanding of obesity biology improves.

At The Slimming Clinic we understand that alongside pharmacological options such as semaglutide, patients require intensive lifestyle interventions to achieving and maintain meaningful weight reduction and normalisation of body composition.

With the licensing of semaglutide for treatment of obesity expected later this year, The Slimming Clinic looks forward to offering this medication to its patients.



If you'd like to learn more  
about our GP referral scheme,  
visit <https://theslimmingclinic.com/GPinfo>

