



**Transformed**  
WEIGHT LOSS PROGRAMS

# **GENERAL PROGRAM INFORMATION FOR MEDICAL PROFESSIONALS**

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**CONTAINS GENERIC PROGRAM INFORMATION  
INDIVIDUALISED PROGRAMS ARE  
DEVELOPED FOR EACH CLIENTS NEEDS**





# Transformed

WEIGHT LOSS PROGRAMS

Obesity is at epidemic levels in Australia, as a ***Multidisciplinary Team*** we can make a major difference in disease prevention and wellness management of your patients.

This framework allows individual treatment using holistic management of weight gain and regain.

Phone 6122 0166

Email [contact@hubtransformed.com](mailto:contact@hubtransformed.com)

# PROGRAM INCLUSIONS

01

## **COMPREHENSIVE MEDICAL & METABOLIC ASSESSMENT**

Initial comprehensive health and psychology assessment and goal setting.

02

## **INDIVIDUALISED CARE**

Individualised weight loss program designed based on each patient's healthcare needs.

03

## **WEEKLY REVIEWS**

Weekly reviews for monitoring and assessment including nutritional and lifestyle coaching and guidance.

04

## **NUTRITIONAL AND EXERCISE THERAPY**

Access to Accredited Practising Dietitians and Exercise Physiologist for nutritional planning and advice; as well as individualised and group exercise prescription to be carried out in centre and at home .

05

## **MODULE BASED LEARNING**

Weekly tasks given in centre and supported through online module based learning portal and community support.

# PROGRAM INFORMATION

Patients will receive weekly program information and Multi-Disciplinary interventions on a variety of topics from the psychological aspects of weight loss, to developing strategies to manage everyday life for example eating out, holidays and managing red flag occasions such as family celebrations and holidays.

- One on one mentoring, managing all issues pertaining to the achievement of goals.
- On realising weight loss goals – ongoing fortnightly to monthly monitoring
- 12 week program may be repeated as many times as is deemed necessary for the individual patients needs.

## CRITERIA FOR INCLUSION

Desire to lose 5kg or more and that this is deemed appropriate by referrer within BMI

## REFERRAL PATHWAYS

- General Practitioner
- Medical Specialist
- Self-Referral



# **OBESITY FRAMEWORK**

## **TRANSFORMED PROGRAM - STAGE 1**

### **NURSE PRACTITIONER MEDICAL ASSESSMENT**

Assess physical parameters related to weight – Comprehensive Body Composition Analysis (Tanita Scales).

- Height
- Weight
- BMI
- Body Fat Percentage
- Muscle Mass
- FFM
- Hydration
- Metabolic age
- Waist circumference
- Baseline bloods

### **SCREEN TO DETECT FOR ABNORMALITIES REQUIRING SPECIALIST REFERRAL**

- Pituitary dysfunction
- Thyroid disease
- Polycystic Ovarian Syndrome
- Hypothalamic disorders
- Insulin Resistance
- Metabolic Syndrome
- Baseline Bloods –Electrolytes, Full Blood Count, Liver Function Test
- Vitamin D
- Diabetic Screening
- Genetic disorders
- Sleep disorders
- Other conditions

### **COMPLETE MOTIVATION TO CHANGE ASSESSMENT & READINESS TO CHANGE RULER**

# **OBESITY FRAMEWORK**

## **STAGE 1 CONTINUED**

### **ASSESS EXISTING COMORBIDITIES**

- Hypertension – CVD
- Hyperlipidaemia
- Hyperinsulinaemia
- Type 2 Diabetes Mellitus
- Psychological Concerns
- Hormonal imbalances
- Obstructive sleep apnoea
- GORD
- Osteoarthritis
- Infertility
- Breast, endometrial or colon cancer
- Eating disorder history – Anorexia Nervosa, Bulimia, Binge Eating Disorder, Nocturnal eating Disorder
- Inflammatory conditions – Asthma, skin conditions ,joint disease

### **MENTAL HEALTH**

- Thorough mental health history, assessing all aspects of mental health.
- Family history - Obesity History
- Depression
- Mental Illness
- Abuse
- PTSD
- Bipolar
- Complete K10

### **SOCIOECONOMIC FACTORS**

- Work History
- Employment
- Dependants
- Carers
- Addictive Behaviours

## STAGE 2

### ASSESS HEALTH RISK

Supports method of type of interventions.

BMI	RISK	RISK / COMORBIDITIES
< 25	Minimal	Low
25 - < 27	Low	Moderate
27 - < 30	Moderate	High
30 - < 35	High	Very High
35 - < 40	Very High	Extremely high
> 40	Extremely High	Extremely High

## STAGE 3

### IDENTIFY WITH CLIENT THAT ONE FACTOR ALONE DID NOT LEAD TO OBESITY.

- Reinforce that whole person management within a supportive environment is the best option.
- Discuss all the available management options with patient – including surgery, medication, exercise, nutrition and non-interventional treatments.
- High risk patients need to understand the risk of no intervention.
- At all stages the Transformed Clinical Team will liaise with the clients G.P. with their consent.

## STAGE 4

- Patient agrees to discussions and interventions.
- Discuss weight loss goals and methods of weight loss.
- All high risk patients consider medication assistance / bariatric surgery due to longer term comorbidity reduction: T2DM, SOA, HT & Hyperlipidaemia.

## STAGE 5 LIFESTYLE INTERVENTIONS - HOLISTIC CARE

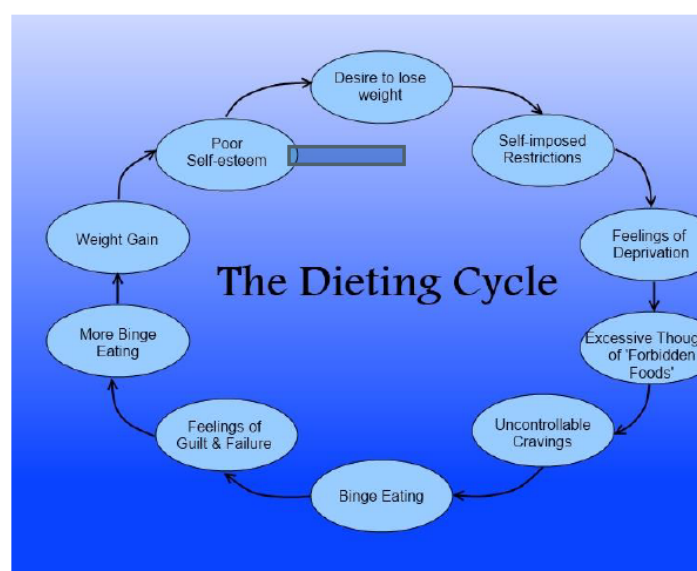
- Behavioural Changes
- Lifestyle changes
- Calories intake vs output
- Food choices
- Monitoring weekly mentoring sessions
- Activity changes
- Improvement Sleep Quality
- Lifestyle stress management
- Self-maintenance training

## TEMPORARY MEASURES THAT INCREASE RAPID WEIGHT LOSS RESULTS

- Very low calorie diet – only for short term use as this does not result in longer term lifestyle change.
- Medication to increase BMR and suppress appetite.
- Both measures will require lifestyle interventions to maintain weight loss.

## BARIATRIC SURGERY

- Multidisciplinary team practice has the best long term results – 85% Excess weight loss for 48 months
- Audit results on Comorbidity and medication reductions are very impressive.



## **STAGE 6**

### **COMPLIANCE ASSESSMENT AND COACHING TO BE ATTENDED WEEKLY, FOR THE DURATION OF THE 12 WEEK PROGRAM.**

- Support changed behaviour and promote realistic goal setting.
- Continue to monitor health risks – medication assessment
- Revise program as per outcomes and compliance

## **STAGE 7**

### **GOAL ACHIEVEMENT**

- Self-management and monitoring found to improve longer term outcomes
- Lifestyle changes supported – constant follow up available and delivered as required.

## **TOOLS**

- Pedometer
- Weekly learning content delivered online or face to face.
- Online support tools including apps.
- Membership to our onsite Health & Fitness Studio or Online Exercise Program Access
- Amanda Clark's Portion Perfection - A Visual Weight Loss Program

# ABOUT PORTION PERFECTION

Amanda Clark is the author of 'Portion Perfection' and designer of the Portion Perfection Diet Plate and product range, which is devised for portion control and portion revision.

Amanda is an Advanced Accredited Practising Dietitian (Adv. APD), and a leader within her field.

Portion Perfection is a balanced, low GI, portion controlled eating plan. Based on sound portion control research, over 20 years clinical experience and presented in a simple pictorial format, Portion Perfection is perfect for all comprehension levels and easy to remember.

Portion Perfection is suitable for men, women and school aged children. There are calorie guides for 1300 Calorie (5460kJ), 1600 Calorie (6720kJ), 1800 Calorie (7560kJ) and 2200 Calorie (9240kJ) intakes or the plan can be customised by a professional.





# ONLINE APP SUPPORT FOR IN CENTRE AND ONLINE PATIENTS

We have hand selected a user friendly and effective tool for weight loss for support patients online.

Patients are given a unique access code to connect with our program on the app platform.

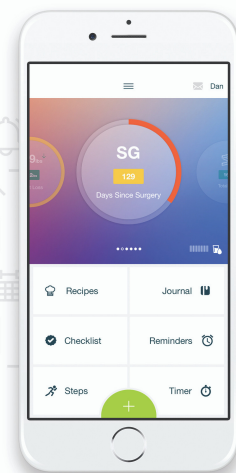
The app is simple to use and will help clients to stay motivated to make smarter choices and achieve their goals.

Features include:

- Track crucial centimeters lost
- Setup daily reminders for water, protein shakes, vitamins and supplements.
- Take photos and create your own photo timeline.
- Track your hunger, happiness and even bowel movements.
- Integrates with major wearable devices to track steps.
- Access Dietitian Approved recipes.
- Track body mass index (BMI).
- Use a bite timer that helps you slow down while eating.
- Access the best resources to stay supported and educated.

Weight loss surgery  
is a journey

**TRANSFORMED**  
**Weight Loss Program**  
offers the support you need  
before and after surgery.



CONNECT WITH US ON BARITASTIC

# MEET THE TRANSFORMED TEAM

THE TRANSFORMED PROGRAM IS A COLLABORATIVE JOINT EFFORT BETWEEN THE PATIENT'S CHOSEN SURGICAL TEAM AND GENERAL PRACTITIONER AS WELL AS THE MEDICAL AND ALLIED HEALTH TEAM OF WEIGHT LOSS PROFESSIONALS AT YOUR HEALTH HUB.



The Transformed Weight Loss Program is fully supported by a team of specialist healthcare professionals that includes:

**The patient's Bariatric Surgeon** who will perform surgery and provide surgical follow up.

**The Surgical Assistants who** are medical practitioners who work in the surgeon's rooms attending to patient review as well as lap band fills and/or fluid removal.

**THE PATIENTS ELECTED GP IS A PIVOTAL MEMBER OF THIS TEAM.**

WE WILL LIAISE CLOSELY WITH THEM TO ENSURE THEY ARE KEPT INFORMED OF THEIR PATIENTS PROGRESS.

ANY CONCERNS THAT ARISE IN REGARDS TO THEIR HEALTH STATUS WILL BE DISCUSSED WITH THE PATIENT'S CHOSEN GP.

# NURSING - WEIGHT LOSS COACHES

## THE IMPORTANCE OF COACHING IN THIS FRAMEWORK

The Transformed program uses a combination approach to weight loss which includes a series of eating plans, weekly one-on-one coaching sessions and very specific personal care guidelines, to support effective, attainable weight loss.

Regular contact with our trained Transformed Coach and weekly face to face consultations meetings provide the framework necessary for this program to be administered safely and correctly with maximum weight loss results and long term success.

The real key to the success of the transformed program is the quality of the coaching, advice and support given to each client throughout their weight loss journey.

Our Transformed Coaches are ready to assist your patients to achieve their weight loss goals and offer the tools to maintain their new weight long-term.



**LISA SPROULE**



**HEATHER KENNETT**

# NURSE PRACTITIONERS

Our Nurse Practitioners are qualified to medically assess, order diagnostic tests, diagnose, devise a treatment plan for a patient and prescribe autonomously within their outlined scope of practice.

Our Transformed Nurse Practitioners are also trained and certified in weight loss through the Australian College of Weight Management.

The Nurse Coordinator will help your patient to work out what services we will provide them with to ensure they achieve their goals.



**LISA SPROULE**



**MICHELLE WOODS**

# CREDENTIALLED DIABETES EDUCATORS

Our Diabetes Educators are able to assist people to live well with diabetes.

They can assist with insulin therapy, blood glucose monitoring and guidance with food choices and mindful eating practices for maintaining a healthy weight.



**HEATHER KENNETT**



**MICHELLE WOODS**



# ACCREDITED PRACTISING DIETITIANS

Accredited Practising Dietitians (APD) are credentialled Dietary specialists who have studied the science of human and medical nutrition.

They can help people understand the relationship between food and health so they can make personalised dietary choices to attain and maintain health, whilst preventing and treating illness and disease.

Our APD's will provide your patients with simple, sustainable and individualized nutrition solutions that fit with your short-term and long-term goals in line with any existing issues and nutritional requirements.



**MILLY SMITH**



**ISABELLE GOODWIN**



# PHYSIOTHERAPIST



Physiotherapists are university qualified allied health professionals who design, deliver and evaluate safe and effective exercise interventions for people with acute, sub- acute or chronic medical conditions, injuries or disabilities.

Our Physiotherapist will prescribe exercise plans to improve your patient's levels of fitness for general health and to increase and sustain weight loss outcomes including clinical pilates and home based exercise interventions.



**AMANDA ROBERTSON**

# EXERCISE PHYSIOLOGISTS

Accredited Exercise Physiologists Accredited Exercise Physiologists (AEPs) are university qualified allied health professionals who design, deliver and evaluate safe and effective exercise interventions for people with acute, sub- acute or chronic medical conditions, injuries or disabilities.

They will prescribe exercise plans to improve your patients levels of fitness for general health and to increase and sustain weight loss outcomes.



**COURTNEY DOWLING**



**ROBB MACMILLAN**

# CLINICAL PSYCHOLOGISTS

Our Psychologists have a special interest in in Weight Management and Food Addiction.

They will assist in looking at any unhelpful thinking and behaviours related to food and dieting and develop strategies to help break these habits.

By changing thinking and behaviour, your patients are more likely to lose weight and maintain their goals for the long term.



**NOLENE HARRISON**  
**CLINICAL PSYCHOLOGIST**



**AMANDA DREW**  
**REGISTERED PSYCHOLOGIST**

## **NURSING TEAM**



**SARAH SPROULE  
REGISTERED NURSE**



**KATHY SHERIDAN  
ENROLLED NURSE**

## **CUSTOMER CARE**



**SARAH BOXALL  
CUSTOMER CARE COORDINATOR**



## YOUR HEALTH HUB HEALTH & FITNESS STUDIO

Your Health Hub has four exercise zones to allow your patients to carry out all their exercise needs

1. A fully equipped and built studio Cardio Equipment Room with equipment that are designed to safely accommodate clients of all weights.
2. Group Exercise Studio with a timetable of classes supervised by Accredited Exercise Physiologists and Physiotherapists.
3. A Fully equipped Pilates Reformer Studio

## ONLINE TIMETABLE AND CLASS BOOKING

Our customers are really important to us so we always strive to make life as easy as possible.

The health and fitness studio has its own app powered by Mind Body for convenience and ease of booking classes.

Patients can download the Your Health Hub app in the App Store for iOS and Google Play Store for Android.



# GETTING YOUR PATIENTS STARTED

Refer patients that you consider appropriate for Transformed Weight Loss programs to our Nurse Practitioner for an initial consultation where we will design a plan of care.

The Transformed team is a collaborative joint effort between the patients chosen Surgical Team, Medical Specialist and General Practitioner in conjunction with the medical and allied team of weight loss specialists at Your Health Hub.

We will liaise closely with you to ensure you are kept informed of your patients progress.

Any concerns that arise in regards to your patients health status will be discussed with you as a matter of importance.

***Please direct referrals to:***

**Your Health Hub**

Level 3, 31-33 Cambridge Road  
BELLERIVE TAS 7018

**Phone: 03 6122 0150**

**Fax: 03 6122 0169**