

Glossary and Abbreviations for Bariatric Briefing and Report

Access Criteria	Also known as 'referral' criteria or 'eligibility' criteria. This is a description of who is and is not eligible for a service and who can and cannot refer a person to a service.
Asthma	Asthma is a very common chronic disease involving the respiratory system in which the airways constrict, become inflamed, and are lined with excessive amounts of mucus. This causes symptoms such as wheezing, shortness of breath, chest tightness, and coughing.
Bariatric Surgery	Bariatric surgery, also known as weight loss surgery, is surgery on the stomach (lap banding) and/or intestines (gastric bypass) to help a person with extreme obesity lose weight. The term does not include procedures for surgical removal of body fat such as liposuction or tummy tucks.
BMI	Body Mass Index (BMI) is the weight of a person (in kilograms) divided by the square of the height of that person (in metres). It is used as an indicator of whether or not a person is over- or underweight. A person with a BMI of less than 20 kg/m ² is considered underweight, 20 -25 kg/m ² is considered normal, 25-30kg/m ² is considered over weight and greater than 30 kg/m ² indicates clinical obesity.
BOMSS	British Obesity & Metabolic Surgery Society (BOMSS) is a voluntary society of surgeons involved in obesity management.
BOSPA	British Obesity Surgery Patient Association (BOSPA) was launched in December 2003 to provide supporting information to the thousands of patients in the UK for whom obesity surgery can provide and enormous benefit.
Cancer	In the context of specialised services for morbid obesity, obese people are more at risk of colon, prostate, post-menopausal breast and endometrial cancer than people who are not obese.
Cardiovascular Disease	Cardiovascular disease refers to the class of diseases that involve the heart or blood vessels (arteries and veins). While the term technically refers to any disease that affects the cardiovascular system , it is usually used to refer to those related to arterial disease. These conditions have similar causes, mechanisms, and treatments. In practice, cardiovascular disease is treated by cardiologists, thoracic surgeons, vascular surgeons, neurologists, and interventional radiologists, depending on the organ system that is being treated.
Care Pathway	Care Pathway is the process of diagnosis, treatment and care that a patient goes through on a step by step basis from first contact with health services.
Commissioning	Term used to describe the overall process of planning, funding, procuring, and monitoring healthcare services.
Commissioning	Commissioning intentions refer to the number of treatments that

Intentions	Primary Care Trusts will pay for or the amount of money they will invest in a service per year.
Communications Log	The communications log records how stakeholders have been kept informed of progress. This notes the levels of communications via email, phone calls and meetings.
Coordinating Commissioner	The Commissioner is the lead commissioner within a commissioning consortium. They are responsible for representing the other Associate Commissioners in negotiating and agreeing contracts with service providers. They also oversee the management of the contract.
COPD	Chronic obstructive pulmonary disease (COPD) is a group of diseases of the lungs in which the airways become narrowed. This limits the flow of air to and from the lungs causing shortness of breath. In contrast to asthma, the limitation of airflow is poorly reversible and usually gets progressively worse over time.
Designation	Designation is a new way of commissioning that involves commissioners working closely with local clinicians, patients, carers and members of the public to ensure designated providers meet recommended safety and quality standards. Designation also prevents unsafe or wasteful duplication of specialised services, by formally designating an appropriate number of service providers to serve a Specialised Commissioning Group (SCG) population, that are best placed to provide high quality and best value services.
DS-BPD	Duodenal switch and biliopancreatic diversion (DS-BPD) is a type of bariatric procedure that markedly reduces calorie absorption with limited restriction. Few surgeons regularly perform this procedure, which is carried out in two separate surgical procedures.
Dyslipidaemia	Dyslipidemia is a disruption in the amount of lipids in the blood. In western societies, most dyslipidemias are hyperlipidemias; that is, an elevation of lipids in the blood, often due to diet and lifestyle. The prolonged elevation of insulin levels can lead to dyslipidemia.
Gall Bladder Disease	The symptoms of gallbladder disease vary widely from discomfort to severe pain which mainly begins after food. In severe cases the patient can suffer from jaundice, nausea and fever. The most common reason for gallbladder disease is gallstones. Gallstones are solid stones formed in the gall bladder from cholesterol, bile salts and calcium. They can vary in size from a few millimetres to a few centimetres.
Gastrointestinal	Of or relating to the stomach and intestines.
Gastric Banding	A form of bariatric surgery in which a band is placed around the stomach to effectively reduce its size and therefore restrict the amount of food it can accommodate. Food intake is thus reduced and weight loss should result. The bands can be of a fixed size or adjustable (to vary calorie intake) by means of a small reservoir situated under the skin in to which fluid can be injected or removed by

	the patient.
Gastric Bypass	Any of several procedures of bariatric surgery that allow food to bypass parts of the gut in order to reduce absorption of nutrients and calories. Such operations often lead to greater weight loss than restrictive procedures, including Gastric Banding, but complications of chronic malabsorption may occur and must be watched for.
Haematological and metabolic follow-up	Patients who have undergone bariatric surgery require medical follow-up for reasons that are often determined by the type of surgical procedure performed. As weight loss begins to slow down, the risk of other nutritional problems increases. B ₁₂ and iron deficiency are two of the most common problems. Iron deficiency can also be a problem in some women. Follow-up may also involve monitoring vitamin D, calcium, and parathyroid hormone levels and bone density.
Health Needs Assessment	Health needs assessment is a systematic method for reviewing the health issues facing a population, leading to agreed priorities and resource allocation that will improve health and reduce inequalities.
Hiatus Hernia	A hiatus hernia is where part of the stomach pushes up into the lower chest through a defect in the diaphragm. The diaphragm is the large flat muscle that separates the lungs from the abdomen that helps us to breathe. Most people with a hiatus hernia do not have any symptoms or problems. However, the hernia makes you more prone to reflux acid into your oesophagus (gullet) which can cause heartburn and other symptoms.
Hypertension	Hypertension refers to high blood pressure. Having high blood pressure is one of several 'risk factors' that can increase your chance of developing heart disease, a stroke, and other serious conditions. As a rule, the higher the blood pressure, the greater the risk.
IFSO	International Federation for the Surgery of Obesity and Metabolic Disorders
Independent Sector	The Independent Sector refers to service providers who are not part of the National Health Service. They can be either 'not for profit' organisation or 'for profit' organisations.
Insulin Resistance	Insulin resistance is the condition in which normal amounts of insulin are inadequate to produce a normal insulin response from fat, muscle and liver cells.
Intragastric Balloon	The intragastric balloon is designed to provide short-term weight loss therapy. The silicone balloon is placed endoscopically and filled with liquid so it partially fills the stomach and creates a feeling of fullness. The maximum time a balloon can be left in place is 6 months, after which it must be removed. The intragastric balloon may be used pre-surgery for weight loss in severely obese patients prior to bariatric surgery, in order to reduce surgical risk.
Invitations to Negotiate	Invitations to negotiate (ITN) refer to the package of tender documentation issued to potential providers of a service inviting them

	to negotiate and submit priced bids.
LAGB	Laparoscopic adjustable gastric banding (LAGB) restricts intake of food / portion size by placing an adjustable band around the stomach.
Morbid Obesity	Morbid obesity refers to individuals who are 50 - 100% above their ideal body weight. It is most frequently measured by body mass index (BMI). The BMI is a measure of your weight relative to your height and an adult individual who has a BMI of 30 - 40 is considered obese and over 40 as morbidly obese. Once a person reaches the level of morbid obesity, the weight causes quicker and more extensive damage to the body.
Needs Assessment	Health needs assessment is a systematic method for reviewing the health issues facing a population, leading to agreed priorities and resource allocation that will improve health and reduce inequalities.
NHS South West	NHS South West is accountable for the performance of the NHS in the South West. Their role is to ensure the NHS in the South West is run effectively and that NHS services, staff and organisations are developed to meet the needs of the future.
NICE	National Institute for Clinical Excellence
NCG	The National Commissioning Group (NCG) is a Standing Committee of the National Specialised Commissioning Group (NSCG), whose establishment was also recommended by the Carter Review. The NSCG oversees the national commissioning function, providing a channel of accountability to its PCT 'shareholders', and facilitates collaboration between Specialised Commissioning Group (SCGs) which commission specialised services at regional level.
NSCG	National Specialised Commissioning Team – where the 10 SCGs come together with the National Specialised Commissioning Team to plan and coordinate specialised service commissioning at a national level
NSCG Network	This is a group formed by the National Specialised Commissioning Team and the 10 Directors of Specialised Commissioning Group plus representatives from Wales and Scotland.
Obesity	Obesity is a condition in which excess body fat has accumulated to an extent that health may be negatively affected. It is commonly defined as a body mass index (BMI) of 30 kg/m ² or higher. However, to be eligible for the Specialised Service for Morbid Obesity patients have to have a BMI greater than 35kgs/m ² with an accompanying illness (a co-morbidity) or a BMI greater than 40kgs/m ² .
OJEU	The Official Journal for the European Union (OJEU) is the publication in which all contracts from the public sector which are valued above a certain financial threshold according to EU legislation must be published.
Operational Plan	An annual plan developed by PCTs that details how the PCT will

	deliver national and local priorities.
OSC	Overview and Scrutiny Committees – Committees established by Local Authorities with social services responsibilities to undertake their powers outlined in the Local Authority (Overview and Scrutiny Health Scrutiny Functions) Regulations 2002.
Osteoarthritis	Osteoarthritis is also known as degenerative arthritis or degenerative joint disease. It is a group of diseases and mechanical abnormalities entailing degradation of joints, including cartilage and the subchondral bone next to it. Clinical symptoms of Osteoarthritis may include joint pain, tenderness, stiffness, inflammation, and creaking of joints.
Out of Area	In the case of the South West Specialised Commissioning Group out of area refers to geographic locations that sit outside of the South West Strategic Health Authority boundary.
Pan Dorset	Geographical area covering Dorset Primary Care Trust and Bournemouth and Poole Primary Care Trust.
PCT	A Primary Care Trust (PCT) is a type of NHS trust that is responsible for promoting health and securing health care for a local population either by commissioning services from a health care provider or directly providing services. Many PCTs are now calling themselves NHS and then the name of their geographical area to make it easier for local people to understand how the NHS is managed locally.
Peninsula	The Peninsula refers to the geographical area served by Devon, Cornwall, Torbay and Plymouth Primary Care Trusts.
Peptic Ulcer	A peptic ulcer is an ulcer (defined as mucosal erosions equal to or greater than 0.5 cm) of an area of the gastrointestinal tract that is usually acidic and extremely painful.
PPE	Public and Patient Engagement (PPE)
Pre-qualification Questionnaires	A Pre-Qualification Questionnaire (PQQ) is commonly used for large contracts. It is a questionnaire assessing the suitability of the organisations commercial, technical and financial capabilities and provides a method of shortlisting interested parties meeting the required minimum qualification criteria. This aids the contracting authority in controlling the cost of the tendering process. Shortlisted providers are then be invited to tender.
Prevalence	Prevalence is the rate at which the condition is likely to occur within a defined population.
Procurement	Procurement is the process by which services are acquired. It includes development of the procurement strategy, preparation of contracts, selection and acquisition of suppliers, and management of the contracts.
Quality Assurance	Quality assurance is a set of activities intended to ensure that services satisfy customer requirements in a systematic, reliable fashion. In specialised commissioning this is achieved through the

	process of designation.
Reproductive Disorders	Reproductive Disorders are conditions that may affect the proper functioning of the reproductive system include abnormal hormone secretion, sexually transmitted diseases, and the presence of cancerous tissue in the region. Such problems frequently affect fertility and may complicate pregnancy.
RYGB	Roux-en-Y gastric bypass is extensive surgery. The result of the surgery mainly restricts food portions but also reduces absorption.
SCG	Specialised Commissioning Group (SCG) is comprised of all the Primary Care Trusts in a given geographical area that come together to commission specific group of services that have been defined as specialised. There are 10 SCGs in England all with the same boundaries as the Strategic Health Authorities covering the same area.
SCT	The Specialised Commissioning Team (SCT) is a dedicated multi-disciplinary team serving the Specialised Commissioning Group. It consists of commissioners, finance and public health experts, administrators and a public and patient involvement/engagement facilitator. The region's 14 Primary Care Trusts plan, commission and procure specialised services through this team.
Service Specification	Service specifications are drawn up by a commissioner before organisations are invited to put in applications to provide the service. They describe the service that the commissioner wants provided. They often set the standards required and may include things like staffing arrangements, skills, levels of activity, referral criteria, inpatient care and follow-up.
Sleep Apnoea	Sleep Apnoea is defined as the cessation of airflow during sleep preventing air from entering the lungs caused by an obstruction. When you experience an episode of apnoea during sleep your brain will automatically wake you up, usually with a very loud snore or snort, in order to breathe again. People with OSA will experience these waking episodes many times during the night and consequently feel very sleepy during the day: they have an airway that is more likely to collapse than normal.
Sleeve Gastrectomy	If a patient is super obese or has severe obesity-related conditions, their health state can make the complexity of a bypass operation too risky to proceed with. Increasingly, surgeons are recommending that for this group of patients, surgery should be considered in two stages; initially a sleeve gastrectomy followed at a later date by a second operation to convert it to either a RNY gastric bypass or to a duodenal switch. The sleeve gastrectomy reduces the size of the stomach by about 75%. It is divided vertically from top to bottom leaving a banana shaped stomach along the inside curve and the pyloric valve at the bottom of the stomach, which regulates the emptying of the stomach into the small intestine, remains intact. This means that although

	smaller, the stomach function remains unaltered. Because the patient can only eat a small meal, they will lose weight, especially if they also comply with a low fat, low sugar diet. They suffer none of the side effects experienced by bypass patients because the digestion is unaltered.
SW SCG	The South West Specialised Commissioning Group (SW SCG) is the Specialised Commissioning Group (SCG) for the South West region.
Specialised Services	Specialised services generally involve complex procedures or require very specialised workforce and or treat/care for conditions that are rarer than those treated in local hospital and so services often serve a wider population catchment than do local services.
Stakeholders	Stakeholders are any person who has a stake and interest in the services that commissioners plan, designate and procure. Stakeholders can be professionals, patients, carers, members of the public, volunteers.
Super Obesity	Super obesity is commonly defined as a body mass index (BMI) of 50 kg/m ² or higher.
Tariff	A tariff is the agreed cost of a service. The national tariff is largely based on cost information submitted to the Department of Health by organisations providing NHS services.
Type II Diabetes	Diabetes mellitus type 2 or type 2 diabetes (formerly called non-insulin-dependent diabetes mellitus (NIDDM), or adult-onset diabetes) is a metabolic disorder that is characterized by high blood glucose in the context of insulin resistance and relative insulin deficiency. Complex and multiple metabolic changes very often lead to damage and function impairment of many organs, most importantly the cardiovascular system in both types.
West of England	Geographical area relating to the following Primary Care Trusts: Somerset, North Somerset, Bristol, Bath and North East Somerset, South Gloucestershire, Gloucestershire, Swindon and Wiltshire.

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It will deliver better health and well-being for all:

- People will live healthier and longer lives.
- Health inequalities will be dramatically reduced.

It will deliver better care for all:

- Services will be evidence-based and of the best quality.
- People will have choice and control over the services that they use, so they become more personalised.

It will deliver better value for all:

- Investment decisions will be made in an informed and considered way, ensuring that improvements are delivered within available resources.
- Primary Care Trusts will work with others to optimise effective care.