

Bariatric surgery psychology assessment service

Information for patients



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About this leaflet

This leaflet aims to answer common questions about your psychology assessment. If you have any more questions, feel free to ask us.

About us

Welcome! You've been referred to the Bariatric Surgery Psychology Assessment Service. This is where we assess your suitability for bariatric surgery.

The team includes a clinical psychologist, psychological therapist, trainee clinical psychologists and assistant psychologists.

What to expect:

- You will have a virtual screening appointment. In most cases, this will lead to face-to-face full assessment appointments.
- A full assessment may need 1 to 2 sessions, and we will aim to book these a few weeks apart.
- Appointments take place at 'The Lighthouse' building at Royal Cornwall Hospital. A map will be included with the booking.
- When you arrive, reception will check you in. Please wait in the waiting room until we call you in.
- You can bring someone with you if it helps you feel more comfortable. However, the assessment itself is done one-to-one, so your companion will need to wait outside.
- Please arrange childcare before your appointment. We cannot provide childcare, and children cannot be left alone in the waiting area.

What happens during the appointment?

- We will discuss a range of things that can affect your readiness for weight loss surgery and long-term success.
- You might be weighed during the session or asked to provide a recent weight.
- To help us build a picture of your situation, we will ask some questions about your history, your relationship with food and any life experiences that may have impacted your eating habits.
- We know some topics may be sensitive or emotional. Anything you share is confidential, and we'll only pass on essential information to the rest of the medical team.
- We will talk to you about any information that needs to be shared before the end of your assessment. Please note: we are legally required to share information if there is a serious risk of harm to you or others.
- Your assessment will usually take place over the two appointments.
- If needed, we may offer you further sessions to support your goals before surgery.

We expect you to:

- attend all appointments, or let us know if you are unable to attend
- fully engage in the assessment process and be open and honest
- understand that the process for bariatric surgery takes time
- know that we may recommend support strategies, and that progress may have ups and downs – this is normal.

What happens next?

- Once you have finished your psychology sessions, we will meet with the dietitians to discuss if surgery is a safe option for you.
- Your information will also be shared with the wider bariatric team – including endocrinologists and surgeons – to make a joint decision.

What if I am suitable for surgery?

If the whole team agrees that surgery is right for you, you will be discharged from the psychology service. You'll get a summary letter and be referred to the Bariatric Surgery service to move on to the next step.

What if I am not suitable for surgery?

If the team jointly agree that surgery isn't the right option at this time, you will be discharged from the psychology service and provided with a detailed explanation for the decision. We will offer sign posting, where possible, to other services for you to access for support.

Car parking

- Parking at the Royal Cornwall Hospital is limited. There are no spaces directly outside our building, so please allow time to find parking.
- The hospital's car parks are run by a private company. There is some free parking available for blue badge holders. Please ask the car park attendants for further details.
- There are park and ride sites at Threemilestone (off the A390) and Tregurra (east Truro), which are open 7am to 7pm.

Any questions?

If you have any questions, please feel free to contact the Clinical Health Psychology Service on:

➔ Telephone: 01872 253387



**To get this information in a different format
call 01872 252690**

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