

Complications from Excess Weight (CEW)

Information for children and their families

What is CEW?

A very warm welcome to the Complications from Excess Weight (CEW) clinics for children at Royal Cornwall Hospital (RCHT) and Derriford Hospital (UHP).

The CEW clinic is for children and young people under the age of 18 years who have health complications from excess weight.

Our clinics identify and treat the complications of obesity such as diabetes, heart disease, sleep apnoea and poor mental health.

How does it work?

You will have been referred to us by a health professional, who will have explained what CEW is. The first step is a telephone call from one of our team to arrange a home visit.

What happens during the first home visit?

Some of the team will visit you at home with your family and get to know a bit more about you and your family's lifestyle. If you feel ready to make some lifestyle changes your referral will be accepted. At this visit you will start to make an individual plan and set some goals with our support.

We know and understand everyone is different and comes from different backgrounds so all the work we do with you will be about you. We may visit your school and see if interventions can be put in place to help you there. We may ask you to fill out a food diary and activity tracker, so we can learn more about you.

You may have a couple of home visits before your first clinic appointment at Dolphin House, Royal Cornwall Hospital.

What happens at the first clinic visit?

At your appointment you will meet some or all the team. These include a children's doctor, nurse, dietitian, dietetic assistant and wellbeing worker.

We ask that at least one parent/guardian attend the clinic appointments with you. Other family members that are involved with your care, for example grandparents, are also invited to attend if they would like to.

The doctor will do a full health assessment by asking questions about medication, diet, activity, sleep, mental health, hobbies, and interests. Your height, weight, waist circumference and blood pressure will be measured.

You may be asked to attend the hospital on another occasion for some blood tests so please tell us if you need help with this, for example numbing cream or play therapy. The doctor will write to you with your blood test results.

The team will help you to add to the plan you started at the home visit. We may ask you to continue to keep track of your food intake via an app or diary and to keep a record of your physical activity. We can signpost you to apps and help you find clubs and activities that will help you on your journey to a healthier lifestyle.

What happens after the first clinic?

The team will keep in touch with you by text, email, or home visits where we will help to support you to become healthier.

Some of the topics we cover may include:

- learning about portion sizes
- healthier food choices
- food labelling
- positive behaviour change
- routines
- physical activity.

We can also help with any challenges that you may be struggling with.

Will I have any follow-up?

Yes, you will be invited to a follow up clinic at Dolphin House usually 4-6 months after the first clinic.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

