# QUICK START IMPLEMENTATION GUIDE FOR HEALTHCARE PROVIDERS \*NHG Polyclinics

### **Lighter Life Programme**





#### **WHAT IS Lighter Life?**

Lighter Life is a structured 6-month, group weight management programme for patients with chronic conditions, anchored in primary care. It focuses interactive learning on nutrition, exercise & behaviour change.

Multidisciplinary-led Group Education & Experience **6** SMART Goal Setting

Community Peer Support

### **Lighter Life OUTCOMES**

Effective in **VHbA1c Weight/BMI ↑Patient Activation** 

- **I** HbA1c: ↓ 0.5% in 12 months
- Weight/BMI: 50% participants ↓≥5% weight loss / ↓≥1 Unit BMI
- Patient activation: \*Perception of Healthy Eating and Physical

**Activity Healthy** 

#### IMPLEMENTATION PHASES

#### Phase 1: Referral

### **IDENTIFICATION**

- Have chronic conditions (diabetes, hypertension, asthma, OA knee)
- Overweight/ Obese (BMI≥23)

#### **ENROLLMENT PATHWAYS**

- 🖔 Care Team (Drs/Nurse/AHPs) introduce & refer
- Patient self-registers

#### **Phase 2: Recruitment**

#### **RECRUITMENT**

LL Admin coordinators call patients for recruitment

#### PATIENT PREPARATION

Lighter Life info guide/ packet Completion of pre-programme questionnaire.

### Phase 3: Session Delivery Phase 4: Follow-through

- SESSION FLOW (3 HOURS) Welcome (10 min)
- Lecture (1hr 30 min)
- Exercise (20 min)
- Goal Setting (1 hr)

#### **FOLLOW-UP**

- SMART goals & Action plans Weekly measurements
- Outcome tracking:
  - Reduced BMI, HbA1c, BP, PROMS
  - Sustainable weight loss
- Peer Support

### **QUALITY ASSURANCE**

Post-session surveys

#### **PROCESS MAP START** Consultation LL admin team Participant attends sends reminder 1 Lighter Life Session Eligible? week before LL admin team Group Introduce Participants ask enrols patient Lighter Life questions and shares in group chat YES LL admin team to LL admin sets Lighter Life signpost to other up WhatsApp NO NO Weekly education completion suitable Accept? Accept? Group per certificate resources pro/service (e.g. Lighter Life Run Dietitian consult) YES . Individual Dr/nurse/AHP LL admin team Tailored goal setting refers to calls patient for Lighter Life recruitment **END** Routine Followup polyclinic for HbA1c/BP 6 months

#### **ROLES & KEY TASKS**

## Key Tasks

patients

11 Identify and refer eligible

Resources

NGEMR Smartlink

Intranet resources

Lecturers (AHPs, nurse)

**Facilitators** 

Care Team

(Drs/CMs/AHPs)

Role

Conduct lectures and exercises

Live Q&A

- Session notes
- Pre-recorded Zoom sessions

🍅 Facilitation and Goal Setting

- Support WhatsApp chats
- Facilitation guide

- **Project Team**
- 📊 Recruitment and logistics Data Management
- Playbooks

#### **PATIENT TESTIMONIAL**

"After participating in Lighter Life, I've learnt to be more discipline in my food intake and started to enjoy working out in the gym."



Mr Samuel Chew,

Weight loss: 5kg

\*Source: NHGP Lighter Life



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