

## **Briefing for practices – supporting patients with information around accessing Mounjaro (tirzepatide) in Gloucestershire**

As you will know, from 23 June, some people living with obesity may be eligible to access tirzepatide (Mounjaro®) for weight loss purposes in a primary care setting as outlined in [NICE](#) guidelines.

We acknowledge the impact that this will be having on GP surgery teams, with a lot of interest from patients who wish to access the drug.

Please find below an update about what the guidance means for clinicians in Gloucestershire. We have also developed a public facing message which your teams may find useful for signposting patients.

We are working hard to finalise the weight management pathway for Gloucestershire, which will include pathways for prescribing tirzepatide alongside referring and participating in the nationally commissioned behavioural support 'wraparound' offer.

Access is prioritised for those with the greatest clinical need. The number of people eligible will be small initially (expected to be fewer than 200 patients countywide in year 1) including those people living with obesity, in poor health with multiple obesity related conditions, as they would benefit most from the treatment.

In the meantime, please continue to refer patients for [weight management support](#) as normal.

### **What the guidance says**

Full qualifying criteria is a BMI (Body Mass Index) of 40 or greater and four or more of the following diagnosed health conditions:

- type 2 diabetes
- hypertension
- Cardiovascular disease
- Obstructive sleep apnoea
- Dyslipidaemia

Access to the medication goes hand in hand with behavioural support and wraparound care. Those who gain access to tirzepatide (Mounjaro®) on the NHS must also be referred onto a diet and exercise support programme. The structured wraparound care support focuses on good nutrition to support health and increasing physical activity. This support is designed specifically for people receiving tirzepatide to help them get the most out of their treatment and enhance their ability to achieve and maintain healthy weight loss.

### **Public facing message for patients**

The following messaging has been developed for use on practice social media accounts. You may find it helpful to use this messaging while development of the pathway is underway:

*We recognise it can be difficult for some people living with obesity to access the support they feel they need and that those most likely to benefit from this medication may wish to access it as soon as possible. We are committed to updating the public on related service developments as they occur. Meanwhile, please don't call your GP or make an appointment online with your GP to ask for tirzepatide while treatment arrangements are being finalised.*

Please signpost patients to the NHS Gloucestershire website for further information about tirzepatide <https://www.nhsglos.nhs.uk/your-health-services/healthy-communities/weight-loss-medication/>