**PRIOR APPROVAL REQUEST**

**Tirzepatide (Mounjaro) for Weight Management – Primary Care Cohort**

Hertfordshire and west Essex Evidence Based Intervention policies can be viewed at <https://www.hweclinicalguidance.nhs.uk/clinical-policies>

**Please complete and return this form along with clinic letter/supporting evidence to**:

priorapproval.hweicb@nhs.net Tel: 01707 685354

This process is not a formal prior approval.

It is a temporary administrative measure to support referral into the Tirzepatide service.

Final treatment decisions will be made by the provider following their assessment.

If it is later found that the patient does not meet eligibility criteria due to incorrect or incomplete information, responsibility remains with the referring clinician.

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| Patient consent | This application has been discussed with the patient and the patient consents to relevant information being shared with the ICB. | Please tick |

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| Date form completed |  |
| Patient Name |  |
| Patient DOB |  |
| NHS No. |  |
| Referring GP and practice name |  |

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| **Criteria** | 1. Patient meets Year 1 cohort (≥4 qualifying comorbidities and BMI ≥40 or adjusted ≥37.5 for ethnic minorities) 2. Patient agrees to engage with wraparound care (diet, activity, behaviour change) for at least 9 months from prescribing. |

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| **Measurements** | BMI ………. kg/m²   Blood tests within last 3 months: FBC, Lipids, U+Es, LFTs, HbA1c, TFTs:  Yes  No |

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| **Additional info** | Is patient housebound | **Yes/No** |

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| **1st Prioritisation cohort** | **Qualifying Comorbidities** | **Definition** | **Yes/No**  **If yes please**  **provide clinical**  **details/**  **medications** |
|  | Established Atherosclerotic CVD (ischaemic heart disease, cerebrovascular disease, peripheral vascular disease, heart failure) |  |
| **Details must be provided** | Atherosclerotic cardiovascular disease (ASCVD) |
|  | Hypertension | Established diagnosis of hypertension and requiring blood pressure lowering therapy |  |
|  | Dyslipidaemia | Treated with lipid-lowering therapy, or with low-density lipoprotein (LDL) ≥ 4.1 mmol/L, or high-density lipoprotein (HDL) < 1.0 mmol/L for men or HDL < 1.3 mmol/L for women, or fasting (where possible) triglycerides ≥ 1.7 mmol/L |  |
|  | Obstructive Sleep Apnoea (OSA) | Established diagnosis of OSA (sleep clinic confirmation via sleep study) and treatment indicated i.e. meets criteria for CPAP or equivalent |  |
|  | Type 2 diabetes | Established type 2 diabetes |  |

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| **Exclusion Criteria** |
| Personal or family history of medullary thyroid carcinoma (MTC) |
| History of multiple endocrine neoplasia syndrome type 2 (MEN2) |
| History of pancreatitis |
| Severe gastrointestinal disease (including severe gastroparesis) |
| End-stage renal disease (eGFR < 15 mL/min/1.73 m²), dialysis, or liver failure |
| Known hypersensitivity to tirzepatide or its excipients |
| Pregnancy, planning pregnancy, or breastfeeding |
| Age <18 years or >85 years |
| Proliferative diabetic retinopathy or diabetic macular oedema (refer to diabetes community clinic) |
| Substance or alcohol misuse affecting ability to engage in structured programme |
| Untreated or unstable major mental illness where this may impair adherence or engagement |
| Current enrolment in a Tier 3 weight management programme |

**None of the exclusion criteria listed above are present** **A GP summary record is attached, and the patient has consented to information sharing with the new service**

**For patients with Obstructive Sleep Apnoea (OSA), please ensure that referral submissions include a clinic letter confirming diagnosis and current treatment (e.g. CPAP).**

**For patients with diabetes, please attach a copy of an up-to-date diabetic eye screening result.**

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| **Shared decision making** | Patients should be supported with their decisions. Resources that can sup- port implementation of shared decision making can be found on the NHS England website:  [https://www.england.nhs.uk/shared-decision-making/guidance-and-re-](https://www.england.nhs.uk/shared-decision-making/guidance-and-resources/) [sources/](https://www.england.nhs.uk/shared-decision-making/guidance-and-resources/) |