

NEL Resource Pack to support Obesity Management in Primary Care

This resource pack provides supporting tools and guidance to help primary care clinicians safely assess, initiate and monitor tirzepatide prescribing in line with NEL obesity management clinical policy and NICE guidance.

These are a compilation of supporting resources, to support safe prescribing of tirzepatide in primary care.

This resource pack should be used alongside [the NEL Obesity Management Clinical Policy](#) to support practical implementation in primary care.

1. Education and Training

Resource	Description
Introduction to NEL Obesity Management Clinical Policy webinar Delivered by NEL ICB Medicines & Pharmacy Team	A webinar to support primary care clinicians with implementing the new 2026/27 QOF obesity indicators (OB004 and OB005) alongside the updated NEL Obesity Management Clinical Policy . The webinar outlines what the indicators require in practice, how the NEL policy aligns with national guidance, and where to find local signposting for structured weight management programmes, wraparound (behavioural) support and the different obesity pharmacotherapy pathways (including tirzepatide eligibility criteria for access within primary care).
NHS obesity medication pathway – Healthcare professional training resources	An NHS eLearning programme designed to build clinicians' knowledge of obesity, including its epidemiology, clinical assessment and management. It provides practical guidance on conducting effective consultations, supporting behaviour change, and understanding available treatment options across the NHS. Access requires registration with the NHS Learning Hub website.
All Our Health: Adult Obesity	A bite-sized session to give healthcare professionals an overview of adult obesity - including key evidence, data and signposting to resources to help prevent illness, protect health and promote wellbeing. Access requires registration with the e-learning for healthcare website.*
All Our Health: healthy eating	A bite sized session to give healthcare professionals an overview of healthy eating and promote the benefits of a healthy, balanced diet for the general population. Access requires registration with the e-learning for healthcare website.*
Healthy Weight Coach training programme	An eLearning programme for primary care healthcare professionals that builds skills in behaviour change,

	communication, weight management and signposting to appropriate services for adults living with obesity. Access requires registration with the e-learning for healthcare website.*
Mounjaro® resources for healthcare professionals (Lilly)	A resource hub developed by the manufacturers for healthcare professionals that includes dosing and administration, safety, administration instructional video, frequently asked questions about Mounjaro® Kwikpen, patient information on using Mounjaro® (tirzepatide) to support safe and effective use in obesity management.

*e-learning for healthcare is gradually migrating to the NHS learning Hub website.

2. Resources to support clinical decision making, eligibility assessment and safe initiation of tirzepatide

Resource	Description
NEL Obesity Management Clinical Policy	Clinical policy outlining the NEL criteria for access to NICE approved obesity management medications semaglutide (Wegovy®) and tirzepatide (Mounjaro®).
NEL obesity management weekly drop-in session	Practice clinicians can also join weekly obesity management drop-in sessions with a Barts Health Consultant Physician in Diabetes and Obesity to discuss clinical queries. Sessions are weekly on Tuesdays, 1-2pm. Joining link
Initial eligibility assessment	NICE checklist to support the initial assessment before prescribing tirzepatide, including confirmation of eligibility, baseline measurements, medical history, relevant comorbidities and concomitant medicines, suitability checks, and any additional investigations or referrals needed based on the person's clinical circumstances.
Prescribing information for tirzepatide (Mounjaro®)	Refer to the NICE CKS prescribing information for tirzepatide (Mounjaro®), the summary of product characteristics and the British National Formulary (BNF) for prescribing information on tirzepatide (Mounjaro®), including dosage, adverse effects, cautions and contraindications.
A guide for prescribing medicines to manage overweight and obesity	A NICE guide outlining key principles for prescribing medicines to support overweight and obesity management. It covers patient selection, shared decision-making, safe initiation, monitoring requirements, and considerations for ongoing treatment or discontinuation.
Tirzepatide: A discussion guidance for healthcare professionals and patients (NICE)	A discussion aid developed by NICE to support discussions between healthcare professionals and patients considering the use of tirzepatide (Mounjaro®).
Counselling checklist	A NICE checklist summarising key counselling points to discuss before prescribing tirzepatide.
FSRH statement: GLP-1 agonists and oral contraceptives	College of Sexual and Reproductive Healthcare information on pregnancy and contraception for patients prescribed GLP-1s.
Quality statement 7: Advice and support after stopping medicines for weight management or completing behavioural interventions	Advice to be provided to patients for maintaining changes and support for improving patient health wellbeing, where deprescribing occurs.

	A guide for prescribing medicines to manage overweight and obesity developed by NICE also provides advice on when to stop tirzepatide and support after stopping treatment.
NHS obesity medication pathway webpage	A national NHS webpage bringing together practical resources to support implementation of the obesity medication pathway in primary care. It includes access to the national GP IT template (refer to table row below for more information), an overview of the coding process, and healthcare professional training resources to support the safe and consistent assessment of patients for tirzepatide.
Edmonton Obesity Staging System (EOSS)	An assessment that may be used to provide an individual subjective assessment of the severity of obesity-related health, to include a holistic assessment of the presence and severity of obesity-related comorbidities, mobility and functioning, and psychological symptoms and wellbeing.

3. Resources to support safe monitoring, follow up and adverse event reporting

Resource	Description						
NICE “Follow up and monitoring checklist”	NICE checklist detailing actions or assessments that may be needed during dose titration and once on a stable dose.						
Reporting of adverse effects via Yellow Card Scheme	Tirzepatide (Mounjaro®) is classified as a Black Triangle medication by MHRA, meaning it is subject to additional safety monitoring. Healthcare professionals and the public must report all suspected adverse drug reactions via the Yellow Card Scheme. SNOMED CT codes are available to record and report adverse events related to tirzepatide. Known tirzepatide (Mounjaro®) side effects and cautions are detailed in the BNF and NEL Obesity Management Clinical Policy. Table 1: SNOMED CT code guide for adverse reactions: Located under the Parent ID of 62014003 Adverse reaction caused by drug (disorder) <table><tr><th>SNOMED CT Code</th><th>Code Type</th><th>SNOMED CT ID (SCTID)</th></tr><tr><td>Adverse reaction to tirzepatide</td><td>Disorder</td><td>2385981000000100</td></tr></table>	SNOMED CT Code	Code Type	SNOMED CT ID (SCTID)	Adverse reaction to tirzepatide	Disorder	2385981000000100
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Adverse reaction to tirzepatide	Disorder	2385981000000100					

4. Patient information

Resource	Description
MHRA guidance on GLP-1s medicines	MHRA guidance which summarises the safe and effective use of GLP-1 medicines for weight loss including side effects, pregnancy and contraception, mental health, pre-surgical prescribing, and links to further patient facing information
FSRH: GLP-1 Agonists and contraceptives	College of Sexual and Reproductive Healthcare patient advice on pregnancy and contraception for patients prescribed GLP-1s.
NHS England: Weight management injections	NHSE patient information on Tirzepatide for the management of obesity
Mounjaro® resources for patients (Lilly)	A resource hub developed by the manufacturers for patients that includes the patient information leaflet , a patient guide to Mounjaro® and administration instruction video .
Staying healthy when taking medications for obesity	British Dietetic Association guidance providing practical advice on maintaining a balanced diet, adequate nutrition, and hydration while taking GLP-1–based obesity medications, along with guidance on managing common side effects and supporting long-term healthy lifestyle behaviours
NEL ICB patient facing information about access to tirzepatide	General information that can be shared with patients about access to tirzepatide within NEL.
Resources to support healthy lifestyle messages	• Better Health, NHS Weight Loss Plan app: a 12-week plan to help people to start healthier eating habits, be more active and start losing weight • Better Health: free tools and support to help people lose weight • The Eatwell Guide: shows how much of what patients eat overall should come from each good group to achieve a healthy balanced diet • NHS Eat Well: information and guidance about eating a healthy, balanced diet • Active 10: encourages 10 minutes of brisk walking every day • Couch to 5K: helps people take up running • NHS BMI healthy weight calculator: a healthy weight calculator to check body mass index (BMI) • UK Chief Medical Officers' Physical Activity Guidelines 2019: infographics explaining the physical activity needed for general health benefits for all age groups, disabled adults, pregnant women and women after childbirth • Example exercises to help improve fitness and wellbeing.

5. GP IT templates, searches and coding :

Resource	Description
General practice IT template	A national template that includes step-by-step guidance on assessment criteria, contraindications, and follow up requirements, ensuring alignment with

	evidence-based guidelines and appropriate patient care throughout their treatment journey. This is not a clinical management template. The GPIT template has been introduced to confirm assessment of the patient under the NHS priority cohorts under the NICE funding variation for tirzepatide (Mounjaro®) for the management of obesity in primary care. For EMIS practices, access to the template needs to be requested by submitting an online request form. This needs to be completed by a member of the practice team who has RBAC B0109 Local Restricted System Administration in their local role profile and has the necessary permissions to activate sharing agreements. The request form can be accessed here: EMIS template request form. Guidance on activating the agreement and accessing the template is available here: Obesity Medication Pathway. For SystmOne practices, the template is available via an open access organisation group and does not require a request process. Further information can be found here: Obesity Medication Pathway.
PrescQIPP searches – tirzepatide cohorts 1 to 3 clinical system searches	SystmOne searches to help identify eligible patients that meet criteria for the NICE funding variation for tirzepatide (cohorts 1 to 3). It excludes patients already prescribed a GLP-1 and those already under tier 3 weight management services. Enquiries are being made with the national team whether equivalent searches are available for EMIS.
Business rules for 2025/2026 QOF	Defines the SNOMED-coded logic and rule sets that will be used to calculate achievement for QOF obesity indicators (OB004 and OB005), including BMI thresholds, referrals, pharmacotherapy, and shared decision-making. Supports consistent coding, data extraction, and reporting for QOF performance and payment.
SNOMED CT codes for NHS obesity medication pathway flowchart	Outlines how relevant SNOMED codes correspond with the obesity medication pathway in primary care settings.