

## Obesity Care Counseling for Primary Care Checklist



The goal of obesity care is to promote health and improve quality of life, not the number on a scale.

- ✔ **Challenge common misconceptions.**  
Successful obesity care is **NOT** a matter of will power or self-discipline.
  - Clarify that your patient living with obesity does not lack willpower.
  - Obesity-related biases are prevalent, which often prevent the patient from seeking help.
  - Emphasize that obesity is a disease.

- ✔ **Recognize obesity is a complex disease.**  
Discuss the need to individualize care, which may include factors such as:

- genetics
- sleep
- mental health
- trauma
- stress
- weight-promoting medications.



- ✔ **Assess readiness, self-efficacy, and support.**  
Address your patient's perceived barriers to obesity care. Assess their confidence in lifestyle changes and provide the level of desired support to ensure their success.

- ✔ **Consider patient-centered evidence-based interventions for obesity care:**
  - Lifestyle modifications, pharmacotherapy, and bariatric surgery

- ✔ **Re-evaluate effectiveness of obesity care interventions on a regular basis.**

- ✔ **Offer patients long-term support.**  
Obesity requires long-term care, similar to other chronic diseases, such as diabetes or heart disease.

- ✔ **Recommend interprofessional approach.**

Provide resources to support healthful dietary, behavioral, and physical activity practices that fit with their needs and preferences.



- ✔ **Design an obesity care plan that targets improvement in obesity-related complications.**

- Explain the potential average weight loss response for each type of treatment intervention.
- Emphasize that obesity care is not about numbers. There is not an ideal weight that is applicable to everyone.
- Support your patient's need to change goals over time to fit their needs and values.

# Understanding Counseling In Primary Care

**RS Peters**



## **Understanding Counseling In Primary Care:**

## Adopting the Tune of Phrase: An Psychological Symphony within **Understanding Counseling In Primary Care**

In some sort of consumed by displays and the ceaseless chatter of instantaneous interaction, the melodic beauty and emotional symphony created by the prepared word often fade in to the background, eclipsed by the constant sound and disruptions that permeate our lives. But, nestled within the pages of **Understanding Counseling In Primary Care** a stunning literary treasure overflowing with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this interesting masterpiece conducts viewers on an emotional trip, well unraveling the concealed melodies and profound affect resonating within each cautiously crafted phrase. Within the depths with this emotional examination, we will examine the book is main harmonies, analyze its enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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