

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

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Understanding Counseling In Primary Care:

Understanding Counseling In Primary Care Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Understanding Counseling In Primary Care**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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