

## OBESITY MANAGEMENT IN PRIMARY CARE CERTIFICATE PROGRAM:

A Practice Management & Leadership Training Program for PAs and NPs



### Module 7: Applying Foundations of Care When Obesity is the Chief Complaint Clinical Webinar Key Pearls

Below are key pearls to reflect on from the Module 7 Clinical Webinar:

1. Obesity is a multifaceted disease, which often requires multiple providers participating in care, and potential utilization of an obesity specialist or practices for complex cases when clinically appropriate.
2. Keep it simple. Keep it realistic. Meet the patient where they are. Negative perceptions may lead to clinical inertia.
3. A weight history can provide the pattern and/or duration of obesity and impact therapeutic decision making.
4. A nutrition recall provides context of patients' values and preferences.
5. Screen for eating disorders using simple questionnaires and refer out if needed.
  - a. Differentiate between overeating and binge eating: Binge eating has 5 specific criteria.
6. Health psychology referrals can address biological (sleep), social (family and friends), and psychological components of treatment.
7. Be aware of the role of mental health, both in how symptoms impact health habits and how medications may be playing a role, in maintaining obesity.
8. Reconnecting with goals can assist with fatigue of ongoing treatment.
9. Better over best.