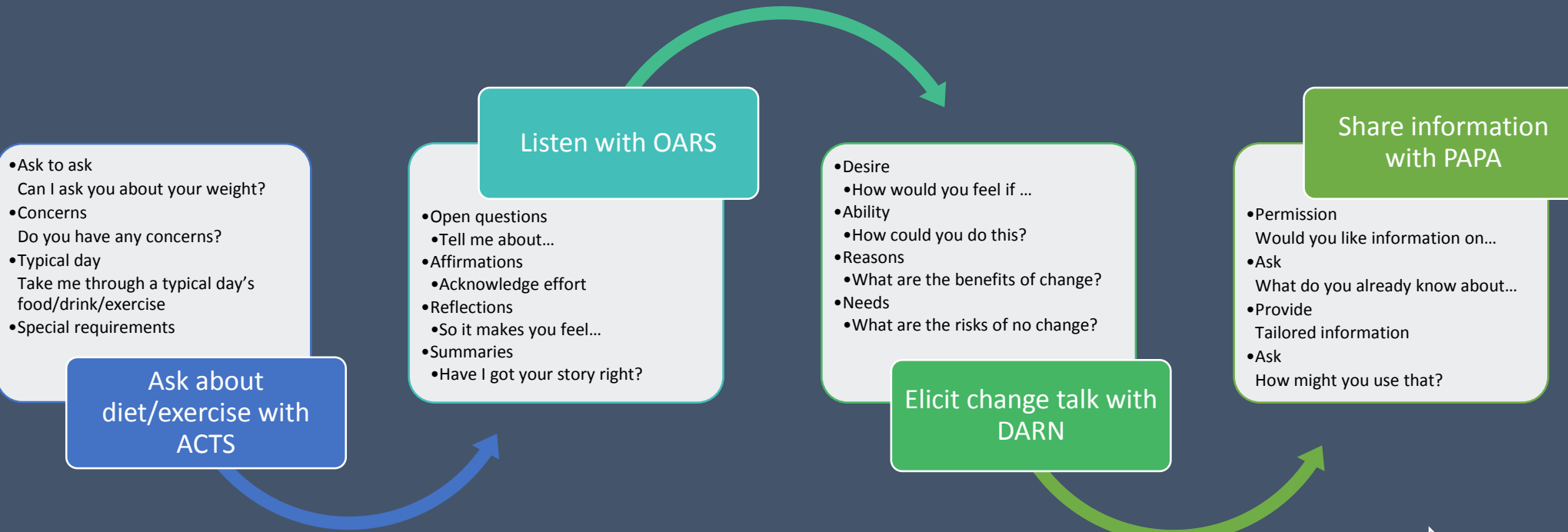


Talking with patients about their weight

This is intended for NHS healthcare professionals and trainees as part of an e-learning module on consulting with patients about their weight <http://learninghub.kingshealthpartners.org/>



Ask	• Can I ask you about your weight?
Assess	• Do you have any concerns... • Take me through a typical day...
Advise	• Would you like some information on ...
Agree	• How much weight do you want to lose? • By when? How are you going to do that?
Assist	• What might get in your way? • What would improve your confidence?
Arrange	• When would you like to come back? • Would you find a referral / follow-up helpful?

