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 to askCan I ask you about your weight?

- ConcernsDo you have any concerns?
- Typical day
 Take me through a typical day's food/drink/exercise
- Special requirements

Ask about diet/exercise with ACTS

Listen with OARS

- Open questions
- •Tell me about...
- Affirmations
- Acknowledge effort
- Reflections
- •So it makes you feel...
- Summaries
- Have I got your story right?

- Desire
- •How would you feel if ...
- Ability
- •How could you do this?
- Reasons
- •What are the benefits of change?
- Needs
- •What are the risks of no change?

Elicit change talk with DARN

Share information with PAPA

Permission

Would you like information on...

Ask

What do you already know about...

Provide

Tailored information

Ask

How might you use that?

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

Prevention **Behavioural** Public health Orlistat Early intervention Balanced diet Tier 3 service Portion control BMI>30 or 28 with Eating behaviour risk factors BMI>40 or 35 with Exercise complications Discontinue after 3 Psychological months if <5% Behavioural weight loss Consideration for tier 4: surgery Complex patients or BMI >50