

OPTIMIZING MEDGEM® MEASUREMENT APPOINTMENT TIME

You should allow 30 minutes for each MedGem Diagnostic Appointment. This allows for 15 minutes of resting upon arrival, 15 minutes for the measurement, and 5 minutes to enter the patient's information into the MedGem Analyzer Software program and generate the patient's educational report. Below are some strategies that should help with managing the appointment time.

15 Minutes

- 1) Patient checks into the reception area upon arrival.
- 2) Receptionist confirms that the client has met the resting conditions. If they have not, re-schedule the appointment.
- 3) Receptionist provides the patient the *MedGem Analyzer Patient Questionnaire*.
- 4) Patient returns questionnaire to the receptionist.
- 5) Patient rests in waiting area for a **MINIMUM of 10 minutes**.

15 Minutes

- 1) Technician/Assistant escorts patient to exam or lab room.
- 2) Technician/Assistant briefly reviews the concepts of MedGem diagnostic procedure. (refer to the technician's measurement script)
 - a. **Metabolism** = the total number of calories burned in a day (includes RMR, plus activity, occupational activity and planned physical activity)
 - b. **RMR** = the amount of calories the body burns each day at rest (sitting in a chair all day) represents up to 75% of total metabolism.
 - c. day)
- 3) Explain the MedGem procedure.
 - a. Show individual the single-use mouthpiece.
 - b. If needed, allow them to try on the noseclip and practice breathing through the mouthpiece for a few breaths.
 - c. Explain that during the measurement the individual will be asked to relax and breathe normally, just as they are breathing as they are sitting and resting.
 - d. Inform them that the measurement takes approximately 8-10 minutes and that the device will stop automatically (and beep) when the measurement is complete.
- 4) Inform the patient to be relaxed, calm, and remain still as possible during the measurement.
- 5) Conduct MedGem procedure. Remain in or near the room during the measurement as each person's measurement time will differ.

5 Minutes

- 1) Provide the MedGem result to patient and inform them that they will receive a full analysis from their provider.
- 2) Enter patient information from MedGem Analyzer Patient Questionnaire into the MedGem Analyzer software program. Utilize the *Generating Patient Profile with MedGem Analyzer Software* document for this process.
- 3) Print *Your Personalized Weight Management Program Report*.
- 4) Follow clinic policy for providing the patient their individual report.