

Basic Weight Management

Summary

This program fulfills the minimal requirement for basic weight management competency in a primary care practice.

- Participate as part of the solution to the obesity epidemic.
 - Only 40% of physicians advise obese patients to lose weight.
- End your sense of futility.
 - To be effective, advice must be coupled with individualized recommendations.
- Easily integrate system into a busy primary care practice without an added time burden.
- Increase your practice revenue.

Content

- Identification of patients with BMI ≥ 27 kg/m² with co-morbidity
- Recommendation for weight loss/maintenance depending on individual risks and comorbidities.
- Basic evaluation
- Schedule Resting Metabolic Rate (RMR) testing with the MedGem indirect calorimeter.
- Refer to appropriate resource
 - Self-management
 - Personalized journal (pen & paper)
 - Web-based food & exercise journaling program
 - Self-help books – Best life Diet by Bob Greene or Eat, Drink and Weigh Less by Mollie Katzen and Walter Willett, M.D.
 - Weight Watchers or other commercial program
 - Registered Dietician (list of RDs who work with primary care provided)

Personnel Requirement

- Medical Assistant

Equipment Requirement

- BMI table, weight scale, stadiometer
- MedGem indirect calorimeter
- Computer with Microsoft Windows 98, ME, 2000, XP Home or XP Pro

Space Requirement

- Can be performed in exam room or nurse's station. Only need a comfortable chair and table.

Time Requirement

- Medical Assistant
 - Training time – 30 minutes
 - Procedure time -- 15 -20 minutes
- Provider
 - Training time – 45 minutes
 - Follow-up time – none. The patient will be referred to an outside resource for weight management and nutritional counseling. The physician should be familiar with energy balance concepts in order to reinforce and support patient in their progress. Informational material and guidelines provided.