

## **Intermediate Weight Management**

### **Summary**

This program fulfills the requirement for intermediate 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  $\geq 27$  kg/m<sup>2</sup> with co-morbidity
- Recommendation for weight loss or maintenance depending on individual risks/co-morbidities.
- Basic medical evaluation.
- Schedule Resting Metabolic Rate (RMR) testing with MedGem indirect calorimeter
- Follow-up in regular Shared Medical (Group) Visits or individual office visits.
- Refer to appropriate resource for continued counseling
  - In-office counseling with written protocol and checklist.
  - In-office disease-specific counseling (chronic care model self-management)
  - Self-management
    - Online software programs– sophisticated and interactive weight management software that provides comprehensive energy balance tools for the patient.
    - 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. Consider other personnel, e.g. a PA or NP, to head the program.

### **Equipment Requirement**

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

### **Space Requirement**

- Procedure can be performed in exam room or nurse's station. Only need a comfortable chair and table.
- Room with 8-15 person capacity for SMV

### **Time Requirement**

- Medical Assistant
  - Training time – 3 hours
  - Procedure time -- 15 -20 minutes
  - Shared medical (group) visit – 45 minutes on regular schedule depending on demand
- Provider
  - Training time – 1 hour, Research and preparation time – 3-5 hours
  - Follow-up time – dependent on physician interest. The physician should be familiar with energy balance concepts in order to reinforce and support patient in their progress. Informational material and guidelines provided to allow the physician to be as involved as their interest and time allows.