

Implementation of a Multidisciplinary Team Approach to Nutritional Counseling in a West Virginia Obesity Medicine Clinic

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Background (2)

Obesity is treated with a 4-pillar approach of:

- 1) Nutrition
- 2) Physical activity
- 3) Behavioral change, and
- 4) Medication management³

Background (3)

- Obesity rates keep increasing in West Virginia and the United States.¹
- Physicians do not discuss the diagnosis of obesity with patients.⁴
- There are guidelines for treatment of obesity.⁵
- Obesity treatment is not often delivered through evidence-based medicine.⁶
- We believe innovative approaches to treating patients with obesity are needed.



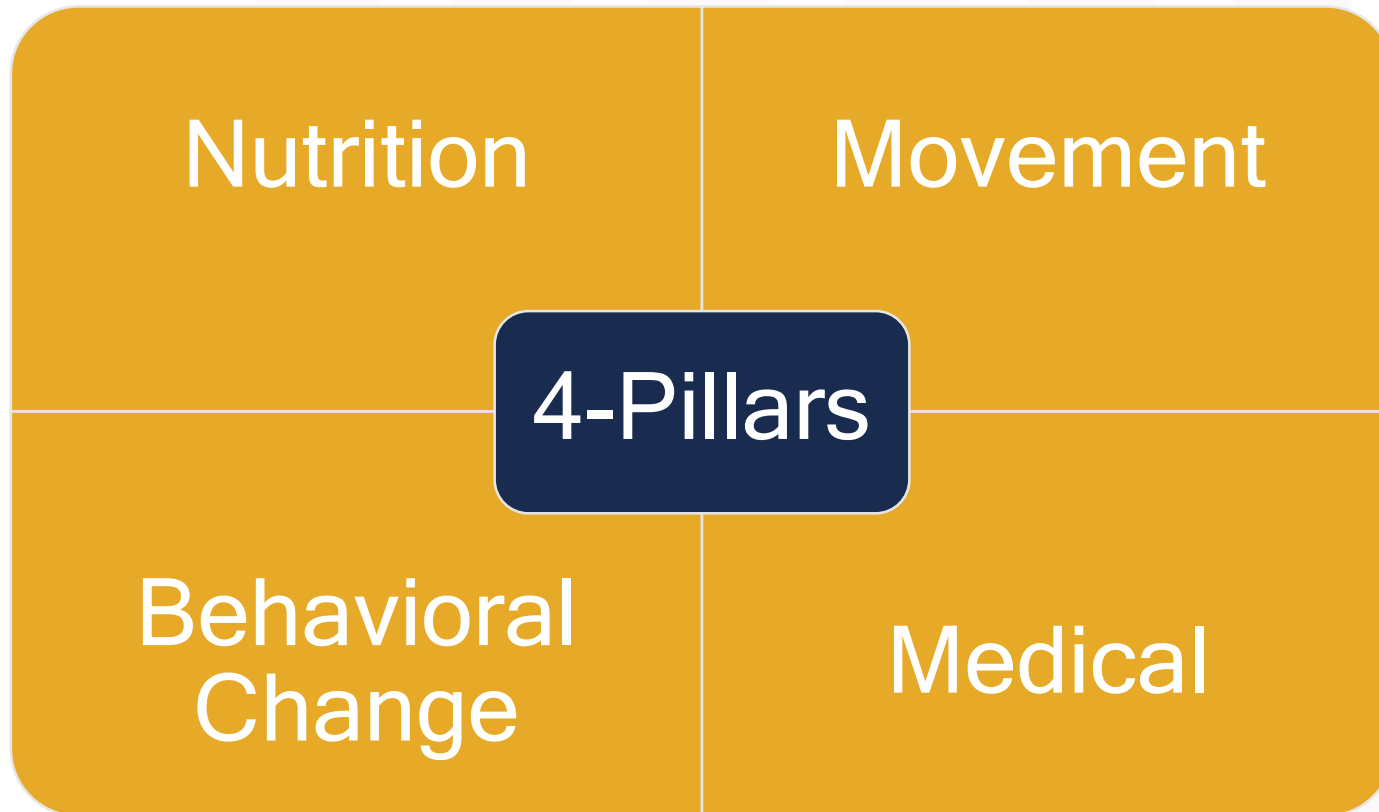
WVU Medicine

Medical Weight Management Program

Clinic Overview

- Physicians
- APPs
- Dietitians
- Nursing
- Pharmacy
- Bariatric Psychology
- Patient Navigator

Approach to Weight Management



Medical Weight Management Team



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Lyn DeChristopher, PA-C



Judy Siebart, RD



Brice Haines, PN

Patient Engagement

- Initial Engagement with Clinic
 - Health practitioner referral
 - Self referral
- Intake
 - Patient scheduled with medical team first for an intake
 - Initial nutrition plans are reviewed at medical intake
 - Dietitian visit is after intake and provides more indepth nutrition guidance
 - Patient Navigator connects patient and opportunities/resources

Patient Intake

Patients complete a 9-page intake form that addresses:

- Weight history
- Nutrition history/intake/behaviors
- Support
- Medical history
- Family history
- Behavioral and disordered eating scales (BED7, SCOFF, PHQ9, GAD7)
- Etc...

Dietitian

- Comprehensive nutrition assessment and counseling
- Motivational interviewing with primary focus on nutrition-based behavioral change
- Interdepartmental coordination of nutrition care
- Teaching learners
- Support
 - Eat Well Groups
 - Lunch and Learn lead
 - Return visits

Patient Navigator

- Clinical patient navigation
- Community outreach
 - (Farm)acy Prescription Program
 - Lunch to Learn
 - Eat Well Groups
 - 5K
- Employee wellness outreach and collaboration
- Coordination for outreach clinics (Glenville)
- Coordinated learner schedules
- Patient navigation student field experience
- Track QI data

Physician Assistant

- New patient medical assessment
- Return medical assessment
- Coordination with Human Performance Lab
- Lead for movement/exercise pillar
- Teaching learners

Physician

- New patient medical assessment
- Return medical assessment
- Teaching (medically focused) learners
- Obesity Medicine Fellowship leadership
- Provide leadership to team
- Strategize growth

Open Discussion and Questions

References

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