

OBESITY MANAGEMENT MODULE

Clinical consultation from an English Perspective



PRESENTERS



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SUMMARY

The consultation is a discussion about the English position and practice of obesity management in primary care

CONSULTATION

How can primary care services be more effective in helping patients to lose weight

- Recognising obesity as a complex, metabolic, multifactorial chronic disease, not entirely cured by weight loss
- How to dissociate weight gain from personal failure
- Redefining the diagnostic association of BMI and obesity
- The use of sensitive but direct non-judgemental questioning in the patient consultation
- Changing the mindset to view obesity management very much in the same way as other chronic diseases
- Reading the patient's body language in reference to trigger issues (e.g. alcohol consumption)

Referral processes in England

- Discussion of the 4-tier referral process in England
- The need for better understanding but GPs of what referral services are offered by the NHS and local CCG including psychological support
- Details of weight management programmes provided either by the NHS or commercial services (e.g. Rosemary Conley healthy eating plan)
- Pharmacological management of weight loss including the use of GLP-1 receptor agonists
- The referral and management criteria of use of bariatric surgery in England



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ONLINE INFORMATION AND SERVICES

For HCPs:

NHS England Weight Management of Referral [View guide](#)

RCGP Weight Management [Visit website](#)

For patients:

NHS England Weight Management Programme [Visit website](#)