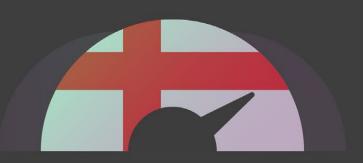
## Obesity in focus

**OBESITY MANAGEMENT MODULE** 

# Clinical consultation from an English Perspective



**PRESENTERS** 



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Medical School



**Dr Rachel Pryke**GP in Worcester with a special interest in weight management

#### **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



Changing the mindset to view obesity management very much in the same way as other chronic diseases"

ONLINE INFORMATION AND SERVICES			
For HCPs:  NHS England Weight Management of	View guide	For patients:  NHS England Weight Management	Visit website
Referral	<u>view guide</u>	Programme	VISIT WEDSITE
RCGP Weight Management	<u>Visit website</u>		