

OBESITY MANAGEMENT MODULE

Clinical consultation from a Scottish Perspective



PRESENTERS



Dr Lyndsey McConnell
GP with a special interest in
diabetes at Gartnavel Hospital,
Glasgow



Dr Kashif Ali
GP in Glasgow and Lead for the
Glasgow MCN in diabetes

SUMMARY

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

CONSULTATION

How can primary care services help patients to lose weight

- Recognising obesity as a complex, multifactorial chronic disease, not entirely cured by weight loss
- The importance of individualising care and management (the Canadian Obesity Guidelines 5 “As”)
- The importance of nurturing the patients and not judging the issues leading to obesity
- The importance of Smart objectives: specific, measurable, achievable, realistic and within an agreed timeframe
- Changing the mindset to view obesity management very much in the same way as other chronic diseases

Discussion of referral management in Glasgow

- Patients are triaged to either a community weight management service or to a specialist weight management service
- Details of weight management programmes provided either by the NHS or commercial services (e.g. Weight Watchers)
- Referral and management of obese and severely obese patients who have or who are at risk of developing Type-2 diabetes: a multi-disciplinary and pharmacological approach (SIGN)



“The importance of nurturing the patients and not judging the issues leading to obesity”

ONLINE INFORMATION AND SERVICES

For HCPs:

Canadian Obesity Management: the 5 As [View guide](#)

SIGN guidance: Management of diabetes [Visit website](#)

For patients:

NHS 12-week weight management plan [Visit website](#)