

Checklist for Obesity Counseling

STEP/TASK	Not Attempted	Attempted Inadequate	Attempted Adequate
Opening Session <ul style="list-style-type: none"> ■ Candidate introduces himself to the patient and uses his name 			
<ul style="list-style-type: none"> ■ Data Gathering Domain 1- Complete personal history details including Age, Occupation and Special Habits of medical importance as Smoking and Alcohol Intake 2- Explores Patient reason for visit and his Ideas, Concerns and Expectations 3- 5 As Counseling Approach : <ul style="list-style-type: none"> Ask - permission from the patient to discuss weight problem - explore patient readiness to change - Previous attempts or trials Assess - Patient health status, BMI, waist circumference and cardiovascular risk - Root causes of gaining weight (primary and secondary) - Drug history - Effect of weight on psychosocial functioning - Explain to the patient his classification of obesity according to BMI Advise about - Obesity risks and expected complications - Benefits of weight loss - Explore all treatment options <ul style="list-style-type: none"> • Life Style Modification (Diet – Exercise) • Medical • Surgical Agree with the patient upon the desired plan Assist - Address patient motives and barriers - Arrange for follow up or referral 			