



Obesity Management Strategy:

Providing Evidence-Based Practice and Addressing Wait Times

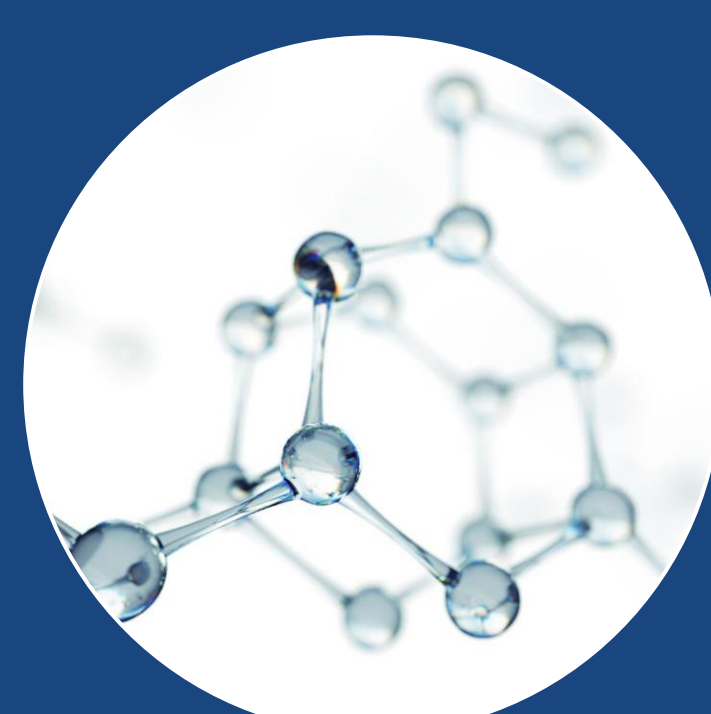
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Background

- Dietitian and Pharmacy teams have collaborated to develop obesity management services to align with evidence-based practice
 - Tools for Successful Weight Management (SWM) class* developed in response to an increase in referrals for patients using medications for obesity, with to optimize tolerance and outcomes
- Providing individual and group classes addressing multiple pillars of obesity management:



Diet and Lifestyle



Optimizing Medication Use for Obesity Management



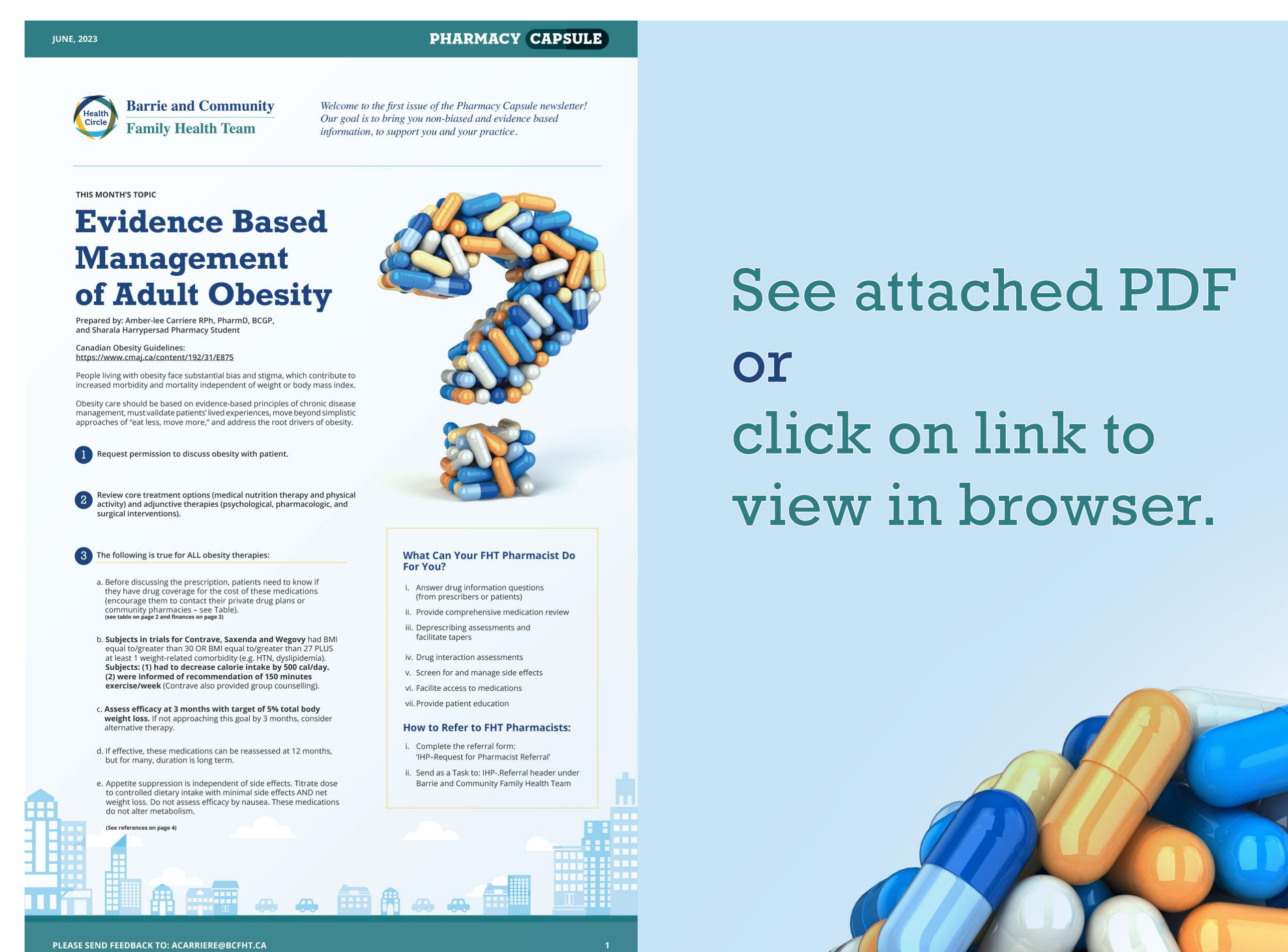
Weight Loss Surgery – Post Bariatric Surgery

Goals

- Provide patients with obesity management education and services aligning with their individual goals
- Streamline services and develop processes for group classes to manage high volumes of referrals
- Increase access to patients for both Registered Dietitian and Pharmacy services

Our Approach

- Validate patients' lived experiences; move beyond simplistic approaches of “eat less, move more”; and address the root drivers of obesity
- Individual scheduled and as needed follow up for patients
- Revised referral form for Pharmacy Services and created a newsletter for referring providers:



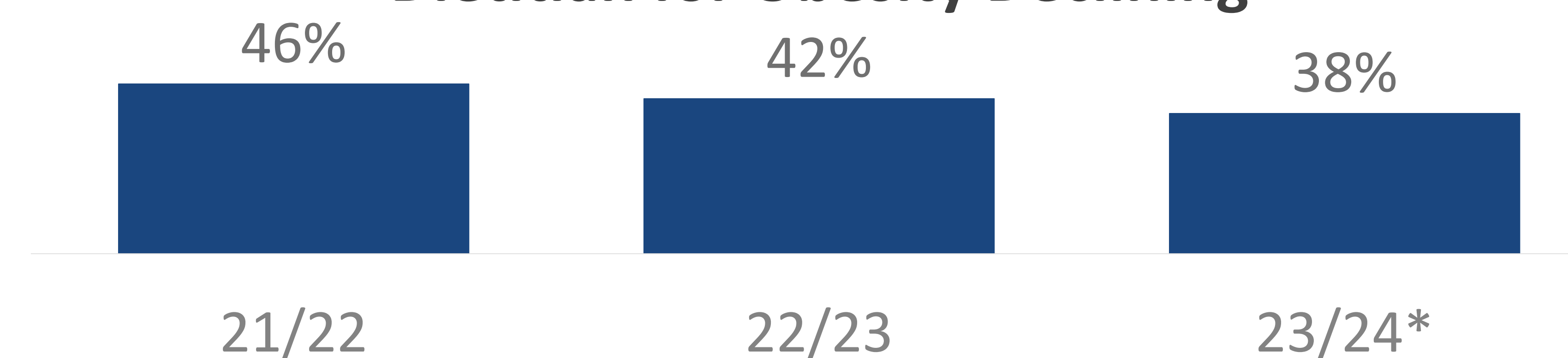
See attached PDF or click on link to view in browser.

Results

Patients Served In Obesity Management Groups



Percentage of 1:1 Visits with a Registered Dietitian for Obesity Declining



*23/24 includes data from April 2023 to Sept 2023

Patient Feedback

“Relaxed and friendly. Open discussions were great, and questions answered at length.”

“Helping me understand about portion size and more vegetables.”

“It was able to break down this complicated topic into an easy way of understanding.”

- High satisfaction in the obesity management classes:
 - The length of the class(es)
 - How time was used during the class
 - Presenters and their ability to address concerns and questions
 - Increased confidence in making realistic lifestyle changes
 - Better understanding of how diet and medications effect weight

Provider Feedback

- Number of 1:1 Registered Dietitian appointments required for obesity management has decreased, building capacity for more complicated patient appointments
- Providing general information, weight loss strategies and expectations for efficacy and side effects through the class has saved 30-45 minutes of 1:1 Pharmacy teaching time per patient seen through this program

Next Steps

- Plan to make classes more available by providing virtual sessions patients can access from home