

# A Step towards Mission Slimpossible

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## INTRODUCTION

- Obesity is a chronic, multifactorial, heterogenous disease associated with large number of comorbidities.
- The deleterious effects of obesity are multi-systemic.
- An integrated, multidisciplinary, and personalized approach is needed for obesity management.
- The prevalence of obesity in the US, as per CDC in 2017-1018 was 42.4 %and the trend continues to rise.
- The prevalence of obesity in Bradford county manor as per 2019 data was 32.2%.

## CURRENT CHALLENGE

- Only 20 % of class II and class III obese patient in IM resident clinic have referral to the weight loss clinic.

## GOAL

To improve obesity care with increasing referral to weight loss clinic by > 5 %.

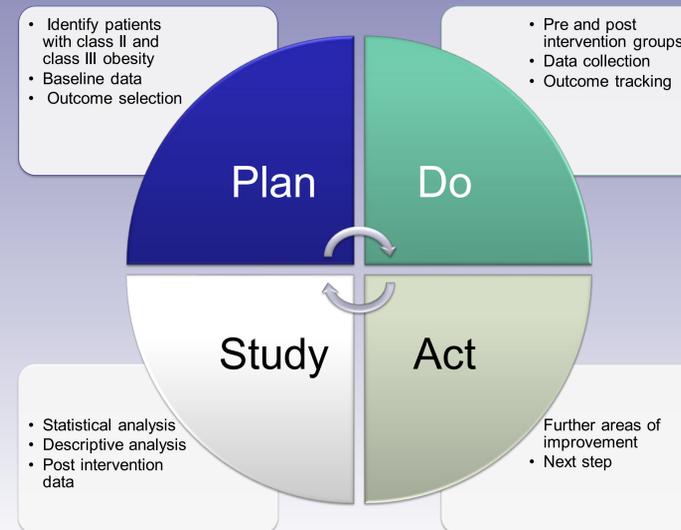
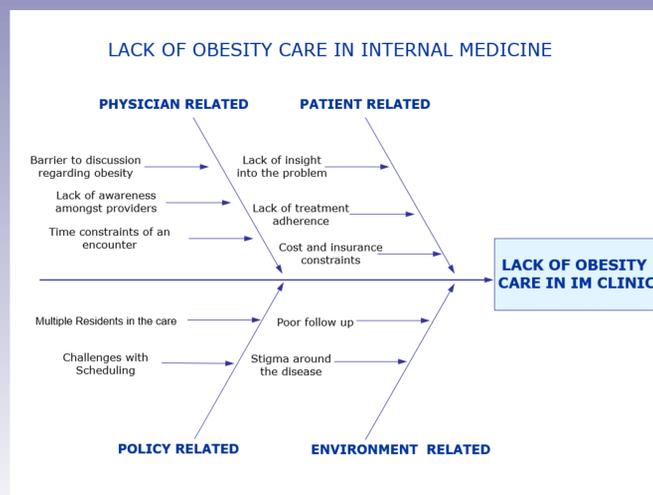
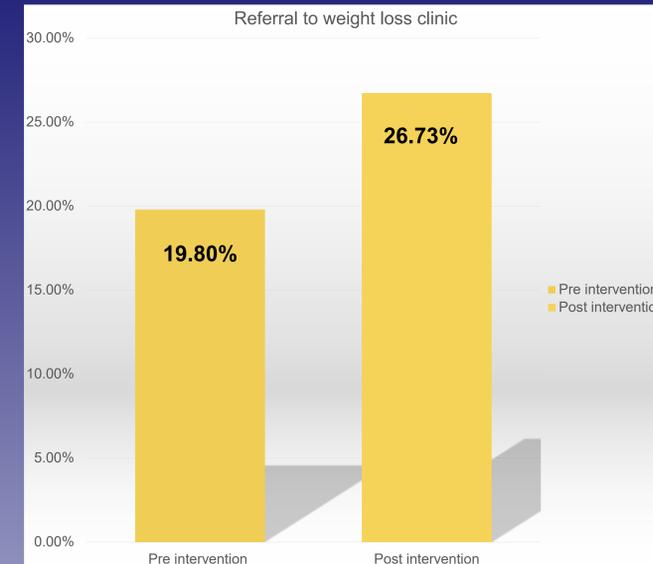
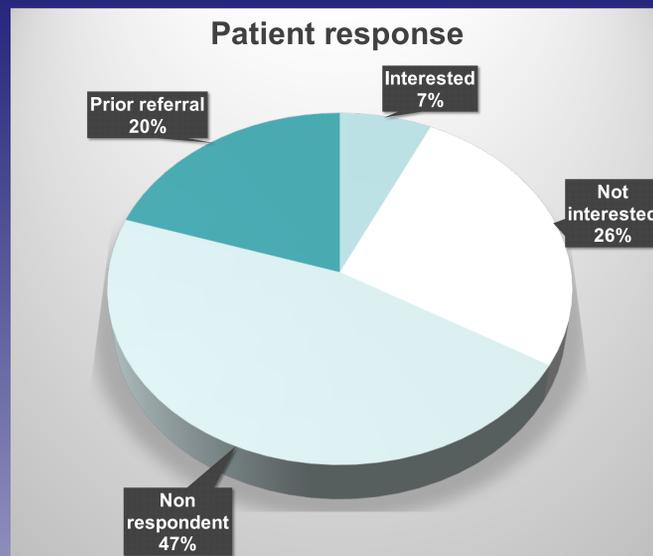
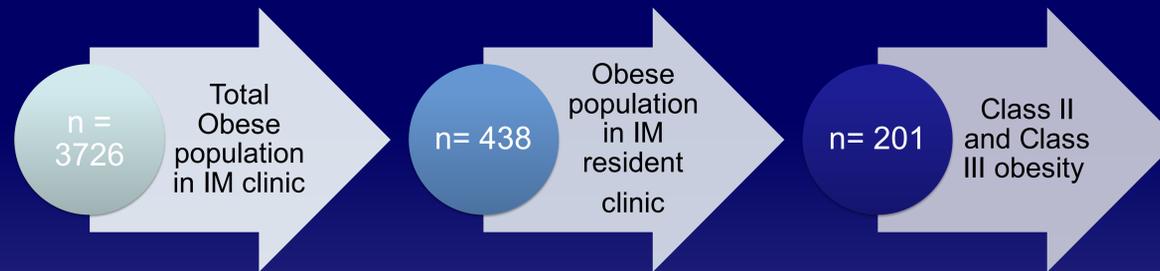
## METHODS

- We identified pool of patients with class II and class III obesity from the patient panel of Internal Medicine residents. (n=201).
- Residents were educated to discuss obesity care in IM clinic through workshop by weight management clinic.
- Patients with class II or III obesity were counseled for lifestyle modifications and referral to the weight loss/bariatrics clinic.
- Diet handouts and portion control plates were placed in clinic to facilitate residents for counselling patients.
- Dot phrase was created to capture weight loss referrals
- 201 patient calls were placed to address obesity as a disease problem, discuss interventions and understand their interest in weight loss or see weight loss clinic.

## PRIMARY OUTCOME

Number of referrals to the weight loss clinic

*A novel approach of individualized counselling in a sensitive manner through calling them at home, outside of routine clinic visits resulted in increased referrals to the weight loss clinic*



## RESULTS

- Internal medicine clinic includes a total 3726 patients with obesity, from which 438 patients are from the resident patient panel.
- From 201 patient calls placed, 14 successful referrals were placed to the weight loss clinic.

PATIENT RESPONSE	N
INTERESTED	14
NOT INTERESTED	53
NON-RESPONDENT	94
PRIOR REFERRAL	40

## DISCUSSION

- Obesity is a multifaceted disease with strong attached stigmata. Often there is a lack of insight to acknowledge obesity as a disease amongst both patients, and providers.
- Obesity, unlike several other comorbidities is unique in that it requires continuum of care rather than a one time strategy.
- Hence, a multidisciplinary approach involving primary care providers and the weight management clinic is necessitated.
- A novel strategy of dedicated discussion outside of the routine clinic visit yielded positive outcomes with increased referrals to the weight loss clinic.

## CONCLUSIONS

- Counselling through phone calls and resident education through workshop were effective measures towards improving obesity care.
- Tools involving implementation into routine clinic visits to address this problem were less effective. Time constraint was the major challenge for providers to address in routine clinic visit.

## FUTURE DIRECTION

- Developing a system of either nurse/dietary technician dedicated to reach out to patients for counselling or encompassing it as a part of an annual wellness visit.
- Incorporation into epic as a reminder/care gap to ensure it is addressed.