



# Clinical assessment of obesity related risk and patient readiness

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## 5As Team learning modules

**Assessment** of patient readiness to change is an important step in addressing weight with patients and should be considered together with discussing or assessing obesity related health risks. This module reviews tips on how to assess patient readiness and how to address or set realistic goals with patients. It also reviews the ASSESS portion of the 5As, overviewing root causes, physical activity, metabolic factors, mental health, mechanical, and monetary factors that can be a part of obesity.

This session's speaker is Wendy Boychuk, a Registered Nurse with Alberta Health Services. Wendy has spent the past 3 years educating and training both providers and patients on obesity through her work with the WeightWise Program. She has also had extensive experience with chronic disease management and prevention through her work with the Healthy Aging Resource Team.

This module contains:

- A link to the video on clinical assessment
  - <http://www.youtube.com/watch?v=zVhevI4zi5U>
- A PowerPoint presentation (page 2-23) that covers the following topics:
  - Tips on assessing patient readiness
  - Thoughts to consider before talking about goal setting with patients
  - Slides pertaining to the 4Ms and their association with obesity
- A discussion guide for further reflection (page 24)
- A resource list for additional information (page 25)

# Assessment Tools

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# Assess Readiness

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## Stages of Change evaluation

- "How do **you** feel about your weight?"
- "What concerns do **you** have about health risks?"
- "Are you considering/planning any behavior changes for weight management now?"
- "Do the pros of changing exceed the cons?"

"On a scale of 1-10 with 10 being 100% ready to take action, how ready are you make a change?" (Rudd Center)

# Realistic Expectations

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- Most patients want to lose at least 32% of their current weight
- Most patients use a height-weight table to set a weight loss goal
- Important to ask about expectations and help bridge the gap between expectations and outcomes.

*Foster et al. J Consult Clin Psychol (1997)*

# ASSESS Root Causes of Weight Gain

Is weight gain due to increased food intake?

Is weight gain due to slow metabolism?

Is weight gain due to reduced activity?

# Lifestyle Interventions: Healthy Eating

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*Checklist to Assess Your Food Intake* handout helps patients:

- Understand how choices affect weight and health
- Learn what they are doing well and what they can change
- Set goals for healthy eating



# ASSESS Physical Activity

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How would you assess physical activity?



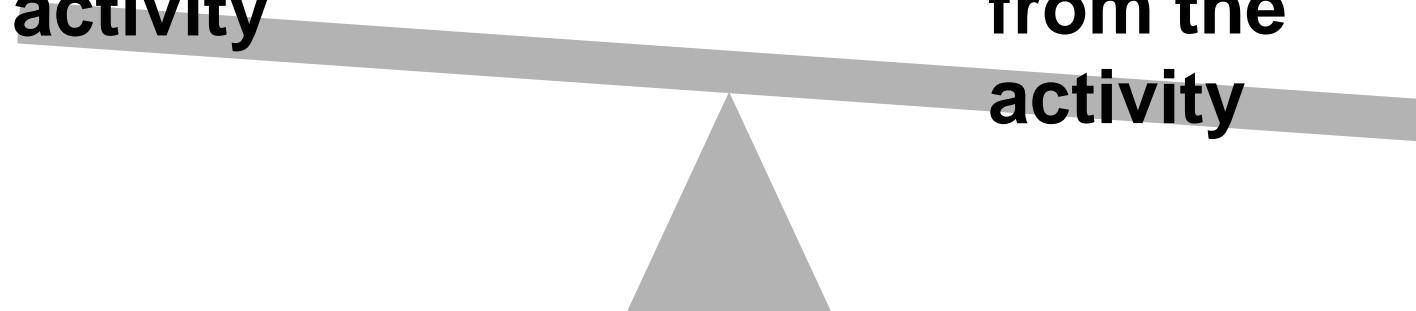
# Physical Activity Targets

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Helping patient's find balance.

**Time spend  
doing  
activity**

**Benefits  
from the  
activity**





# Assess- Metabolic Factors

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## Muscle Mass

- Gender
- Age

Weight Changes  
Neurological Conditions

## Health Status

- Cardiorespiratory
- Endocrine/Hormones
- Pregnancy

Genetics  
Smoking Cessation  
Sleep

## Medications

- Decrease Metabolic Rate
- Increase Metabolic Rate

# ASSESS the 4 M's

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Use the 4 M's framework to assess Mental, Mechanical, Metabolic, and Monetary drivers, complications and barriers to weight management.

# Obesity and Mental Health

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Mental health concerns,  
if left unaddressed,  
will impair ***effective  
treatment*** of obesity



# ASSESS: Psychological or Behavioral

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What are the tools you are currently using to assess

- cognitive or skill based
- psychological or emotional
- behavioral

challenges or impediments to weight management?

## Mental Health challenges

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### Reduced capacity to manage:

- Mood
- Emotions
- Thoughts
- Behavior
- Stress
- Change

### And / or impairments in:

- Organizational skills
- Energy
- Motivation



## Obesity: Common mental health concerns

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Depression

Anxiety

ADHD

Binge Eating Disorder

Stress

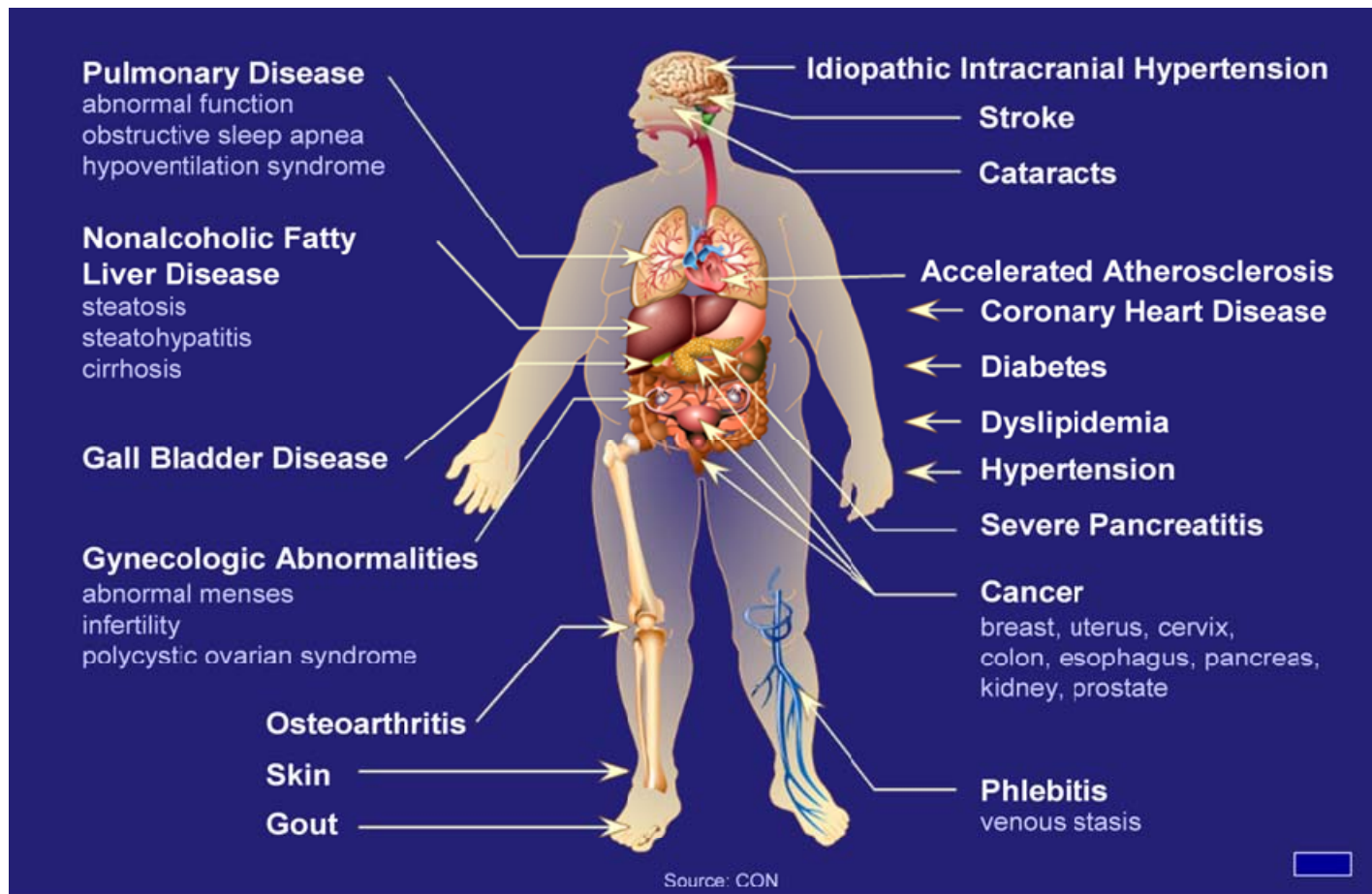


# When do I need to refer?

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- Patient's distress is out of proportion to the situation,
- Symptoms are prolonged and on-going
- Severe impairment (personal, family, social, work)
  - Symptoms are interfering with the patient's ability to function including completion of routine tasks
- You suspect there are significant mental health barriers
- Suicidal ideation or risk taking behaviours present

# Complications of Obesity





# Mechanical

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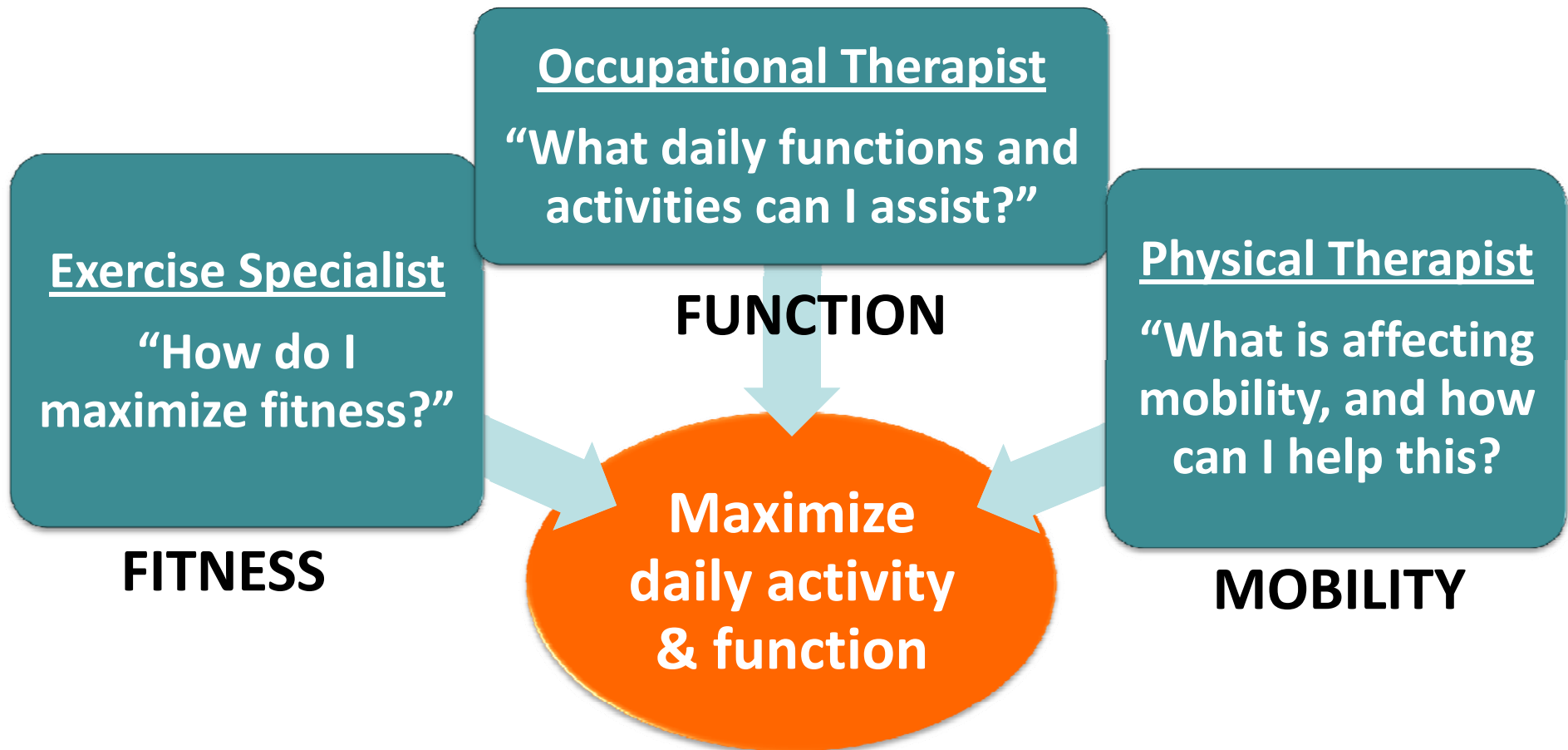
- Sleep Apnea
- Osteoarthritis
- Chronic Pain
- Reflux Disease
- Incontinence
- Thrombosis
- Intertrigo
- Plantar Fasciitis

## Functional Concerns: What to assess for

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- Personal hygiene (toilet, bathing, skin care, dressing)
- Household responsibilities (home, yard, child care)
- Time needed for daily activities & lifestyle changes (diet, exercise/activity)

## Physical Activity Specialists in Obesity:



# Metabolic

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- Type 2 Diabetes
- Dyslipidemia
- Hypertension
- Gout
- Fatty Liver
- Gallstones
- PCOS
- Cancer

# Monetary

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- Education
- Employment
- Income
- Disability
- Insurance
- Benefits
- Bariatric Supplies
- Weight-Loss Programs

# Case Scenarios

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# Questions

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## Discussion guide

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This is a guide for questions and topics to consider after viewing Wendy Boychuk's video and slide show on the topic of Clinical Assessment of Obesity Related Risk. These questions can be discussed in a group or on your own.

**1. Please take a moment on your own and consider what are the key messages you took from the speaker today (tips, messages, tools)?**

- Of those tools and tips – how do you see yourself applying this in your practice?
- Do you currently assess patient readiness to change when discussing obesity related risks? What methods have you used? Were they effective?
- Do you currently work with your patients to help them set realistic goals? Have you encountered any barriers or facilitators with this?
- Do you know of any resources (written, websites, community programs) on this topic that would be helpful to other providers?
- Is there anything you would like to learn more about on this topic?

**2. Goal Setting**

- Take a few moments of quiet time to come up with your own goal concerning a change you feel you can implement in your practice regarding clinical assessment.
- Can you anticipate difficulties with achieving this goal?
- Are you confident you can reach your goals?



## Resources

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### Articles:

- Epworth Sleepiness Scale:  
Johns, M W. A new method for measuring daytime sleepiness: the Epworth Sleepiness Scale. *Sleep* 1991; 50-55.
- Sharma, AM & Kushner RF. A proposed clinical staging system for obesity. *International Journal of Obesity*. 2009; 30: 289-295.
- Spitzer RL, Kroenke K, Williams JW, Löwe B. A Brief Measure for Assessing Generalized Anxiety Disorder: The GAD-7. *Arch Intern Med*. 2006;166(10):1092-1097.

### Tools:

- 5As Team Intervention Tools (available through the Canadian Obesity Network):  
[http://www.obesitynetwork.ca/5As Team](http://www.obesitynetwork.ca/5As_Team)):
  - 4Ms Booklet
  - 4M Cards for Desktop
  - Patient Decision Making Tool
  - Goal Setting Sheet
  - Role play of the 4Ms of Obesity tool (video link):  
<http://www.youtube.com/watch?v=vRtYo9sPjBI>
- Alberta Health Services Weight Wise Program (publicly available tools):
  - Checklist to assess your food intake  
<http://www.wbpcn.ca/Services/WeightManagement/WeightWise/Documents/6.6%20Checklist%20to%20Assess%20Your%20Food%20Intake.pdf>
  - SMART Goal Worksheet  
<http://www.wbpcn.ca/Services/WeightManagement/WeightWise/Documents/9.7%20SMART%20Goal%20Worksheet.pdf>
- Adult ADHD Self-Report Scale Symptom Checklist:  
<https://add.org/wp-content/uploads/2015/03/adhd-questionnaire-ASRS111.pdf>