

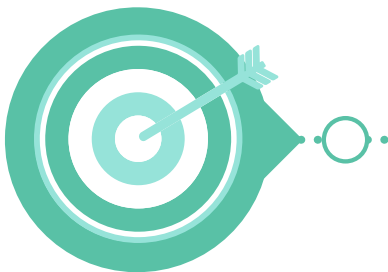
Primary Care Professionals: Patient Assessment

PATIENT ENCOUNTER



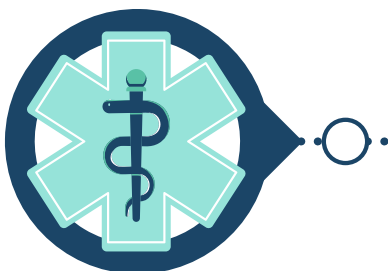
- Review the patient's medical condition
 - Assess complications/comorbidities
- Family history, past medical history
- Look for causes of obesity including use of medications known to cause weight gain
- Assess the risk of this patient's obesity

ASSESS READINESS & DETERMINE GOALS



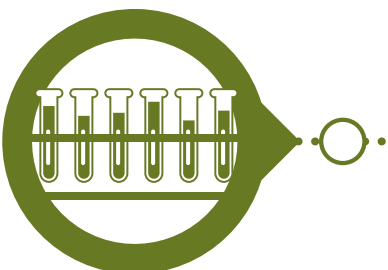
- Assess patient readiness and motivation to lose weight
 - If the patient is not ready to lose weight, urge weight maintenance and manage the complications
- If the patient is ready, agree with the patient on reasonable weight and activity goals, and write them down
- Use information gathered to develop a treatment plan
- Involve other professionals if necessary
- A supportive, empathetic approach is necessary throughout treatment

DOCUMENTING OBESITY



- Measure height and weight
- Assess for presence of adiposopathy
 - Determine BMI
 - Measure waist circumference
 - Percent body fat*
- Blood Pressure
 - Use correct cuff
- Complete physical exam
 - Assess for comorbid conditions

LABS & DIAGNOSTIC TESTING*



- Complete blood count
- Electrolytes
- Liver function
- Kidney function
- Fasting lipid profile
- Thyroid tests
- Hemoglobin
- A1C
- Uric acid
- Vitamin D
- EKG
- Echocardiogram
- Exercise Stress Test
- Sleep study
- Barium swallow or Esophagoduodenoscopy