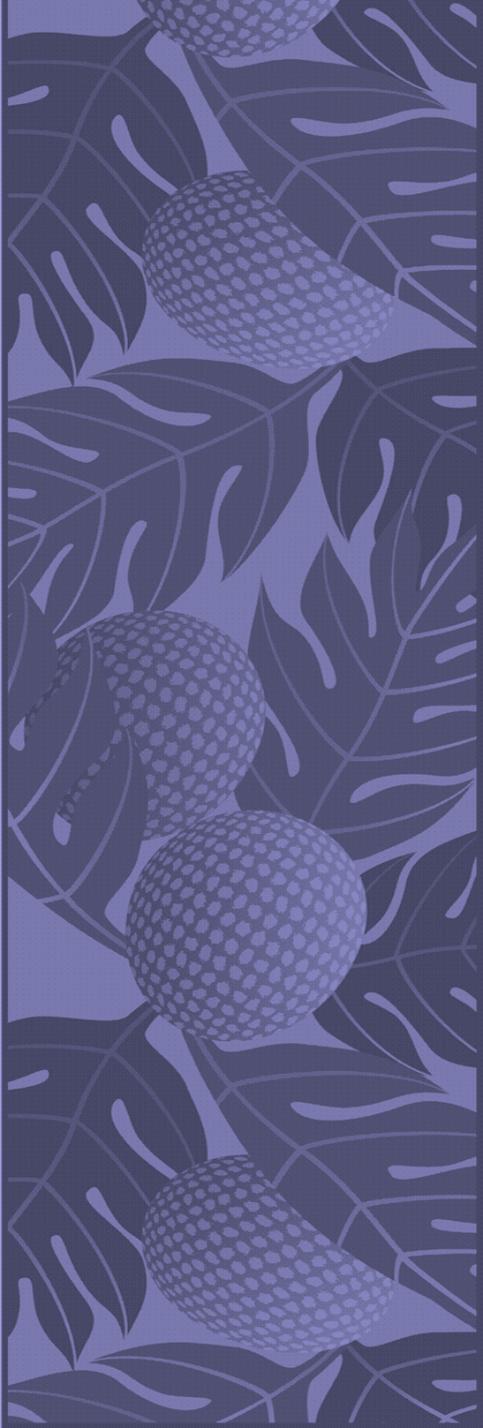


Module 3:
Successful Weight Management
Strategies for Clients

Objectives

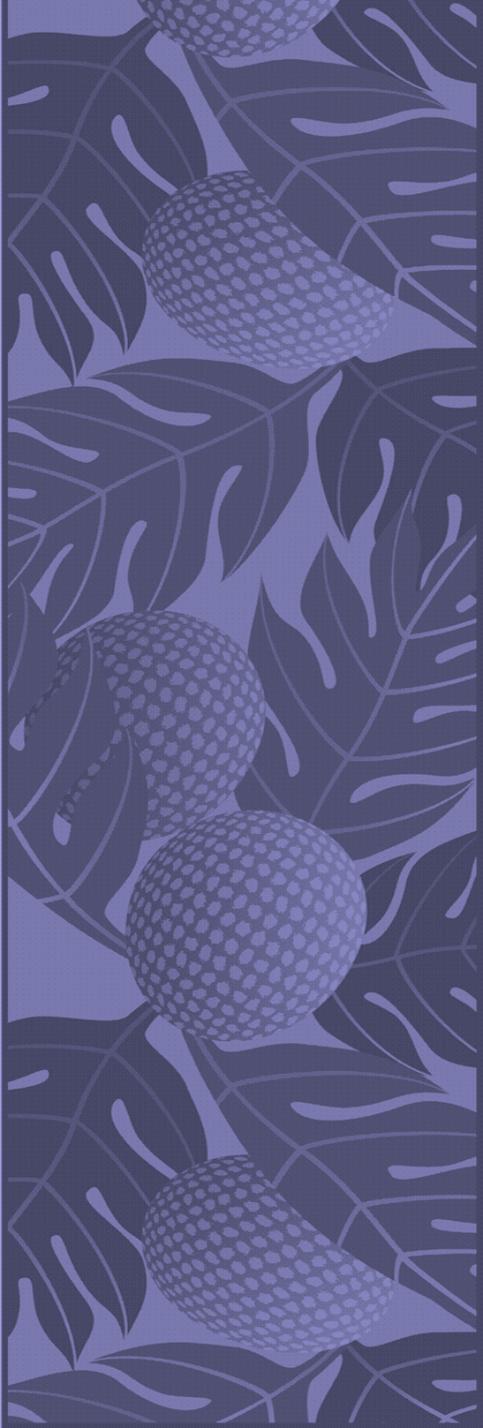
By the end of this module, students will have learned. . .

- Why the allied health professional is important
- How to overcome barriers to behavior change
 - A. Prochaska's Stages of Change
 - B. Specific patient education strategies, helping to develop a plan for change
 - C. Intervention examples
- Some resources available on-line
- Sharing of experiences

A decorative vertical border on the left side of the slide. It features a repeating pattern of stylized tropical leaves and fruit, including what appears to be a papaya and other round fruits, rendered in a light, textured style against a darker background.

Why the Community Health Worker is Important?

- Patients come to trust the CHW
- The CHW is someone from within their community.
- CHW educates and explains the information in a way that the patient can understand.
 - Especially important when it comes to patients taking their medications.
 - The patients that CHW work with are sometimes the highest risk patients because they have more than one chronic disease.

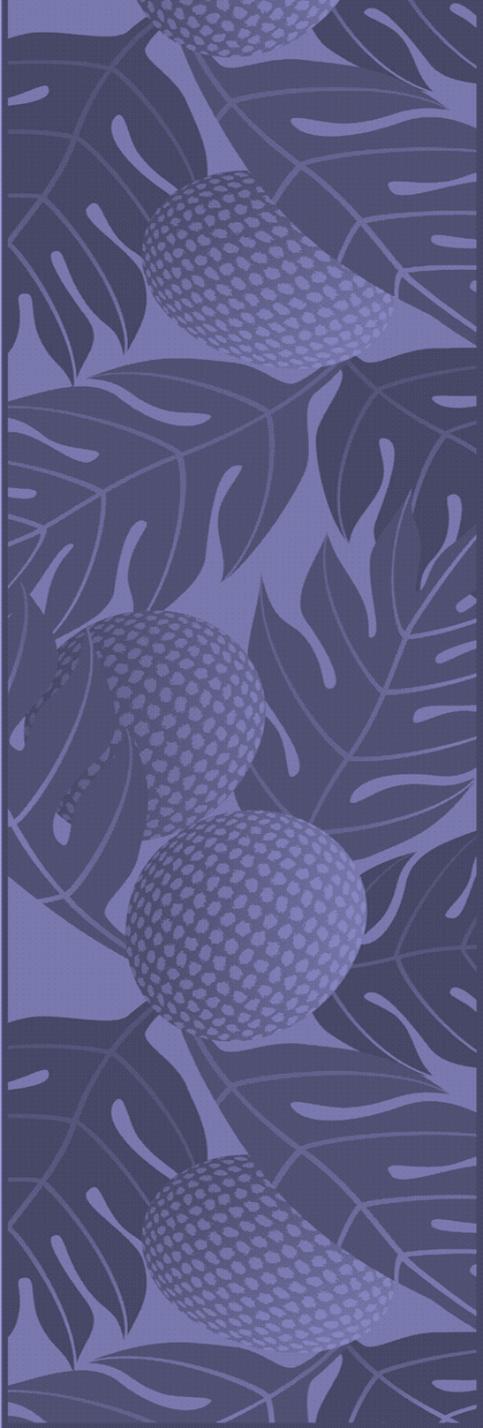
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How to Overcome Barriers?

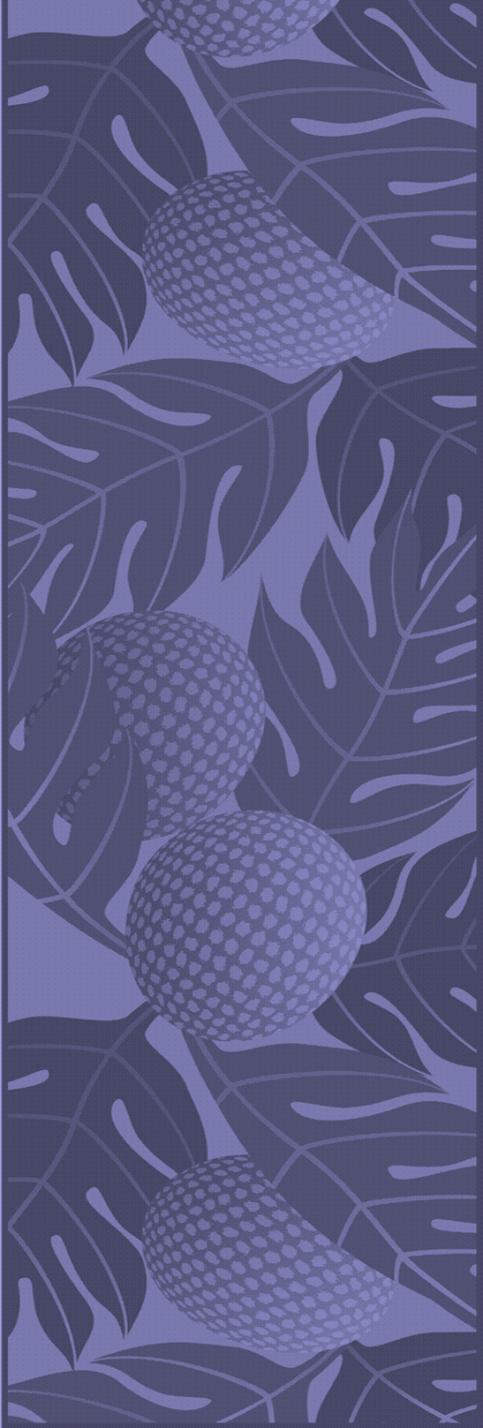
How to overcome barriers?

- Identify
- Acknowledge
- Address
- Monitor



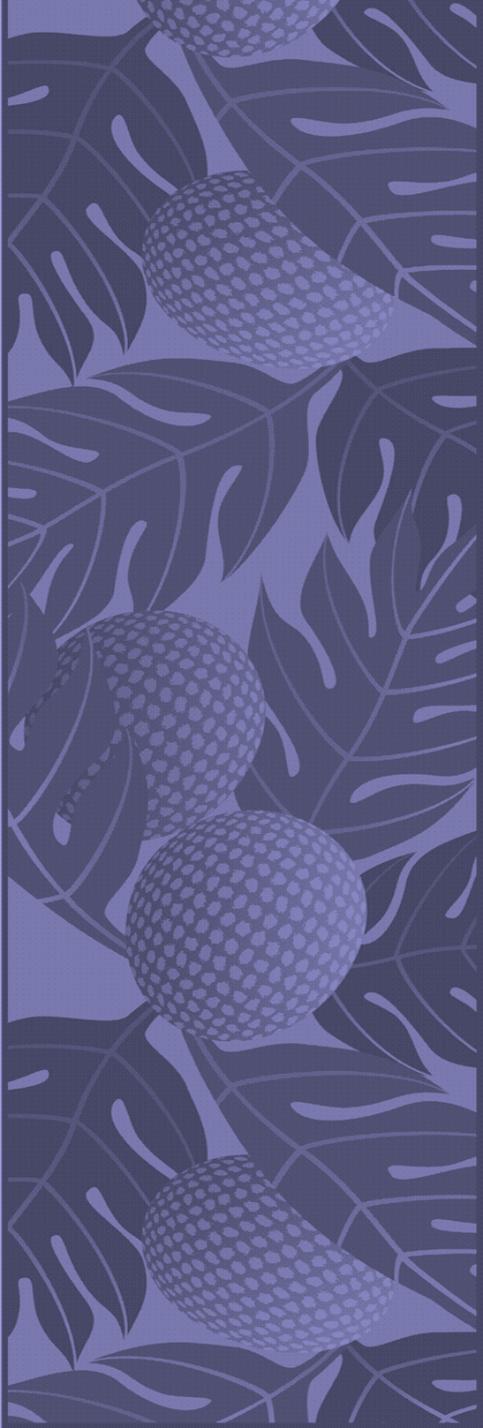


Stages of Change



Understanding Change

- **Prochaska's Stages of Change**
 - Pre-contemplation
 - Contemplation
 - Preparation
 - Action
 - Maintenance



Pre-contemplation

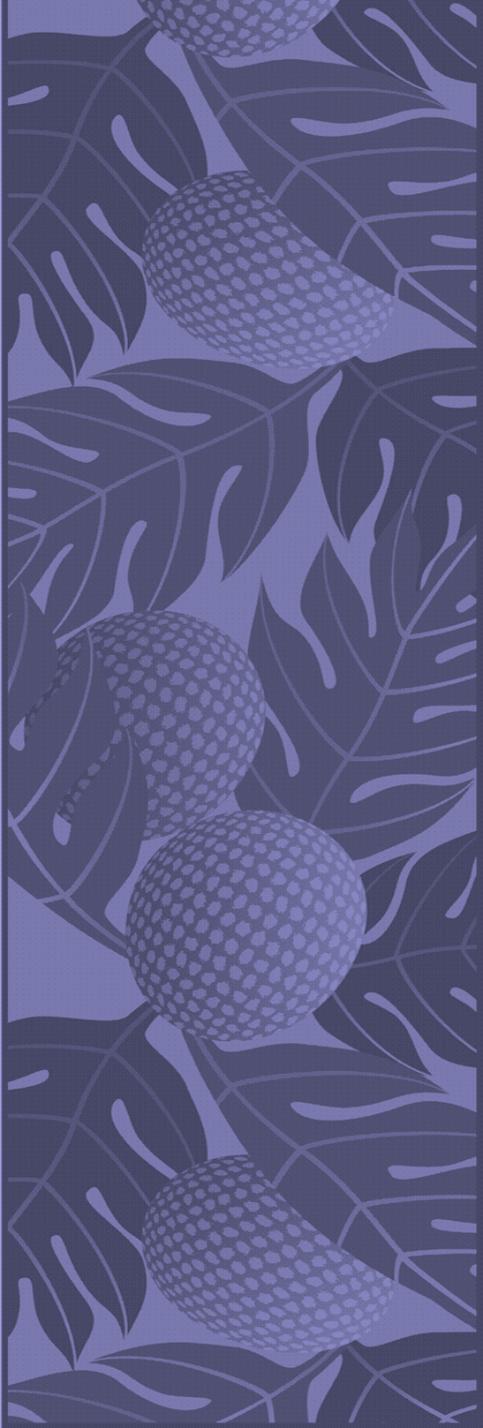
- Individuals are unaware of problems or that there is a need for change.
- Uninformed or under-informed of the consequences of their behaviors.
- Not being diagnosed with diabetes.

Examples:

- Mass media campaign (T.V. newspaper, radio)
- Health fair
- Posters

Pre-contemplation

- During the pre-contemplation stage, patients do not even consider changing
 - Smokers who are “in denial” may not even see that the advice applies to them personally.
 - Patients with high cholesterol levels may feel “immune” to health problems that strike others.
 - Obese patients may have tried unsuccessfully so many times to lose weight that they may have simply given up.



Contemplation

- The stage where people become aware of the problem and are now contemplating or thinking about changing or/not changing their behavior.
- There is an intention to change behaviors in the next six months that affect their cardiovascular health.

Examples:

- Client-focused education
 - Focus on the importance of healthy lifestyle and screening.

Contemplation

- During the contemplation stage, patients are ambivalent about changing. Giving up an enjoyed behavior causes them to feel a sense of loss despite the perceived gain. During this stage, patients assess barriers (e.g., time, expense, hassle, fear, “I know I need to but. . .”) as well as the benefits of change.

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Preparation

- The stage that combines intention and behavior.
- These individuals are intending to take action in the next month for the first time or in the past have been unsuccessful.
- Specific plans of action are developed in this stage as the individual chooses among alternative potential solutions. (i.e. perform physical activity for 30 minutes 4 times a week).
- Should be recruited for action-oriented activities

Examples:

- Support services- resources
 - Support group, referral to specialist, health educator



Action

- The stage where individuals change their behavior, experiences, or environment in order to help with their diagnosis.
- Requires commitment, time and energy.
- The question being asked “is this new plan (behavior change) working?”

Example

- Support group
- Motivation

Maintenance

- The stage in which people work to prevent relapse and consolidate gains attained during actions.
- An example would be to maintain increased physical activity level, which brought both weight and LDL down. Helping to relieve the risks associated with cardiovascular disease.

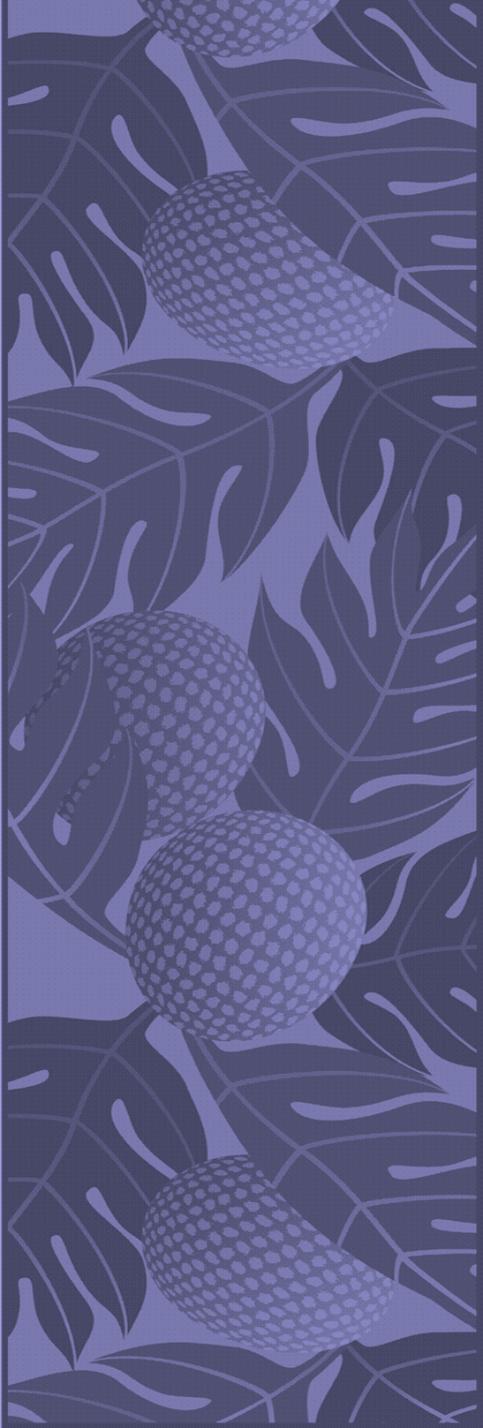
Example

- Support group
- Motivation

Maintenance

- Maintenance and relapse prevention involve incorporating the new behavior “over the long haul.” Discouragement over occasional “slips” may halt the change process and result in the patient giving up.

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Specific Patient Education Strategies

- One-on-one strategy
- Cultural strategy
- Familial strategy
- Strengths strategy
- Collaboration strategy

Intervention Examples

- Regular visits with Doctor
- Healthy cooking classes (interactive)
- Supermarket tours (interactive)
- Label reading (interactive)
- Exercise (classes, walking groups etc)
- Know your numbers (BP,BS, etc.)

The Basics

- Eat real food
- Watch Portions
- Turn TV off
- Sit down to eat



The Basics



"Weight Loss Tips From Our Experts" by Laurie Scudder, DNP, NP

Suggestions

- Avoid middle grocery store aisles
- Eliminate sugary drinks:
Soda → Juice → Flavored H₂O → H₂O
- Teach how to use a measuring tape
- Give an “exercise prescription”
- Set a memorable start date
- At least 2-minute nutrition talk every visit
- Notice signs of depression
- Don't leave patient alone after diagnosis



5 Things to Keep in Mind When Starting to Set a Goal

1. Be Realistic

- No one can eat healthy and be active 100% of the time.

2. Keep it Doable

- Start with small and gradual changes. Small changes will lead to big changes.

3. Be Specific

- When making a plan help your client to decide: what, when where, and how long.

4. Be Flexible

- Plan ahead to handle things that might come up, such as bad weather, sickness, or work and family responsibilities.

5. Make it Enjoyable

- Change doesn't have to be painful, it should be fun.

Healthy Weight Maintenance

Diet changes

- Ask yourself these questions :
- Does it include various foods from the major food groups: fruits, vegetables, grains, low-fat dairy products, lean protein sources and nuts?
- Does it include foods you like and that you would enjoy eating for a lifetime — not just for several weeks or months?
- Can you easily find these foods in your local grocery store?
- Will you be able to eat your favorite foods, or better yet, all foods?
- Does it fit your lifestyle and budget?
- Does it include proper amounts of nutrients and calories to help you lose weight safely and effectively?
- Is regular physical activity part of the plan?

“KEEP FIT”

Basic Health Behavior Change Principles

Knowledge = Accurate and empirically supported information are necessary but not sufficient for behavior change and maintenance.

Efficacy = A person must have confidence in making and maintaining healthy behaviors.

Effect = A behavior needs to be important to and benefit the person.

Planning = Taking a problem-solving approach (e.g., self-monitor) to making and maintaining a behavior is important.

Fit = Behavior needs to match the person’s lifestyle and economic realities.

Implication = A behavior must have personal benefits and meaningful consequences.

Incentive = Behaviors are more likely to be maintained if rewarded right.

Team = A person affects and is affected by others in his or her environment - reciprocal determinism or person-environment interaction.

Goal Setting in Action. . .

Scenario/Task 1: *Your menopausal client of Asian descent with limited English was recently told she has a BMI of 26. She is confused as to what that means but will follow her physician's advice to eat better and exercise more. Help her to create a positive action plan.*

In creating her action plan, you should help your client to decide:

- What is the one thing she can do, or keep doing, to manage the amount of calories she is burning off?
- What does her BMI mean?
- How often will she do this? (Be specific)
- What will she need to do to make it happen?
- When she will start?
- What are things that might get in her way (roadblocks)?
- How will she handle the roadblocks?
- Who can she turn to for support?

Addressing Barriers. . .

Scenario/Task 2: *Your client has been struggling with managing his obesity for years. You notice signs of depression. Reasons expressed for his inability to manage include: being a single father, exhaustion after working, long/stressful commutes, and feeling self-conscious to exercise in front of people. **Help him to over-come these barriers.***

Community health worker -

Taking what you learned earlier today, work with the patient on a way to understand:

- Why it is important to keep a positive attitude?
- What can he do at work or at home to improve his situation?

Considering surgery. . .

Scenario/Task 3: *Your client of Polynesian descent has a BMI of 30 and was recently diagnosed as diabetic. He informs you that he is taking weight-loss supplements, eating well, but is always tired due to sleep apnea. He is seriously considering bariatric surgery to prevent future weight gains. From the information provided, what do you suggest to improve his condition?*

Community health worker -

Taking what you learned earlier today, work with the patient on a way to understand:

- What does his BMI mean?
- What is preventing progress?
- Should bariatric surgery be considered?

Questions or Comments

