## PRACTICAL STRATEGIES FOR OBESITY MANAGEMENT IN PRIMARY CARE

You can practice gaining

permission to give information by

asking questions such as:

"Can we start talking about vour eating plan today?"

## Chapter 6 Effective Communication - Downloadable Resource

## **Core Communication Skills**

## Permission to Give Information

Permission to give information assumes that advice and information are generally not given without first asking patients' permission; when permission is given, they are provided from a position of autonomy support and patient choice.

<ul> <li>Have greater knowledge and</li> <li>Consider possible barriers: one. I want you to have the tools available to help you</li> </ul>			your coung plan today.
<ul> <li>Clarify the patient's readiness for change</li> <li>Have greater knowledge and understanding</li> <li>Time, patient's understanding, and</li> <li>Clarify the patient's receptive to new information</li> <li>Consider possible barriers:</li> <li>Time, patient's understanding, and</li> <li>Clarify the patient's construction</li> <li>Clarify the patient's construction</li> <li>Consider possible barriers:</li> <li>Time, patient's understanding, and</li> </ul>	Goal	Strategy	-
	<ul> <li>Have greater knowledge and understanding</li> </ul>	<ul> <li>receptive to new information</li> <li>Consider possible barriers:</li> <li>Time, patient's understanding, and</li> </ul>	<ul> <li>"Can I give you a meal plan to try? If it doesn't work, or you don't like it, we can try another one. I want you to have the tools available to help you achieve your weight loss goals</li> </ul>

The main goal: Clarify patient readiness for change— Decrease patient anxiety

**Source:** This was created by Integrated Learning Partners for the Practical Strategies for Obesity Management in Primary Care CME/CE activity only.