

# PRACTICAL STRATEGIES FOR OBESITY MANAGEMENT IN PRIMARY CARE

## Chapter 6 Effective Communication - Downloadable Resource

### Core Communication Skills

Permission to Give Information	
Goal	Strategy
<ul style="list-style-type: none"><li>Clarify the patient's readiness for change</li><li>Have greater knowledge and understanding</li><li>Decrease anxiety</li></ul>	<ul style="list-style-type: none"><li>Establish that the patient is receptive to new information</li><li>Consider possible barriers:<ul style="list-style-type: none"><li>Time, patient's understanding, and patient's recollection</li></ul></li></ul>

**You can practice gaining permission to give information by asking questions such as:**

- “Can we start talking about your eating plan today?”
- “Would it be okay if I take a few minutes to talk about . . . ?”
- “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 over the next two months.”

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