Module 2:
Overcoming Bias and Stigma in Obesity

Coaching Webinar

**OBESITY MANAGEMENT IN PRIMARY CARE
CERTIFICATE PROGRAM:**

A Practice Management & Leadership Training Program for PAs and NPs

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Goal

- Utilize learning about bias to integrate into clinical practice
- Answer questions about bias

Agenda

PEARLS/review of Clinical Webinar	5 minutes
Q and A	15 minutes
Application to practice	35 minutes
Preparing for next steps	5 minutes

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PEARLS from Clinical Webinar

- Reducing bias and stigma around obesity can help improve health outcomes for individuals with obesity
- You have an incredible opportunity to be the change and make a difference in interactions with your patients to minimize bias around individuals impacted by pre-obesity and obesity! Patients reported in one study that, after family members, HCP can be a top source of obesity bias.
- Kindness and education go a long way when working with individuals who have been impacted by bias and stigma surrounding their struggles with obesity.
- Strategies to reduce obesity: FIRST—recognize it as a disease, SECOND—increase your knowledge about obesity, THIRD—assure you have recognized your own bias
- Employ strategies to provide the best possible care
  - o people-first language
  - o self-reflection
  - o making environmental accommodations
  - o participate in training in obesity management
- NPs and PAs can lead the way: NPs and PAs have a great opportunity to be the go-to source for reducing obesity bias and implementing effective obesity management

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Q and A

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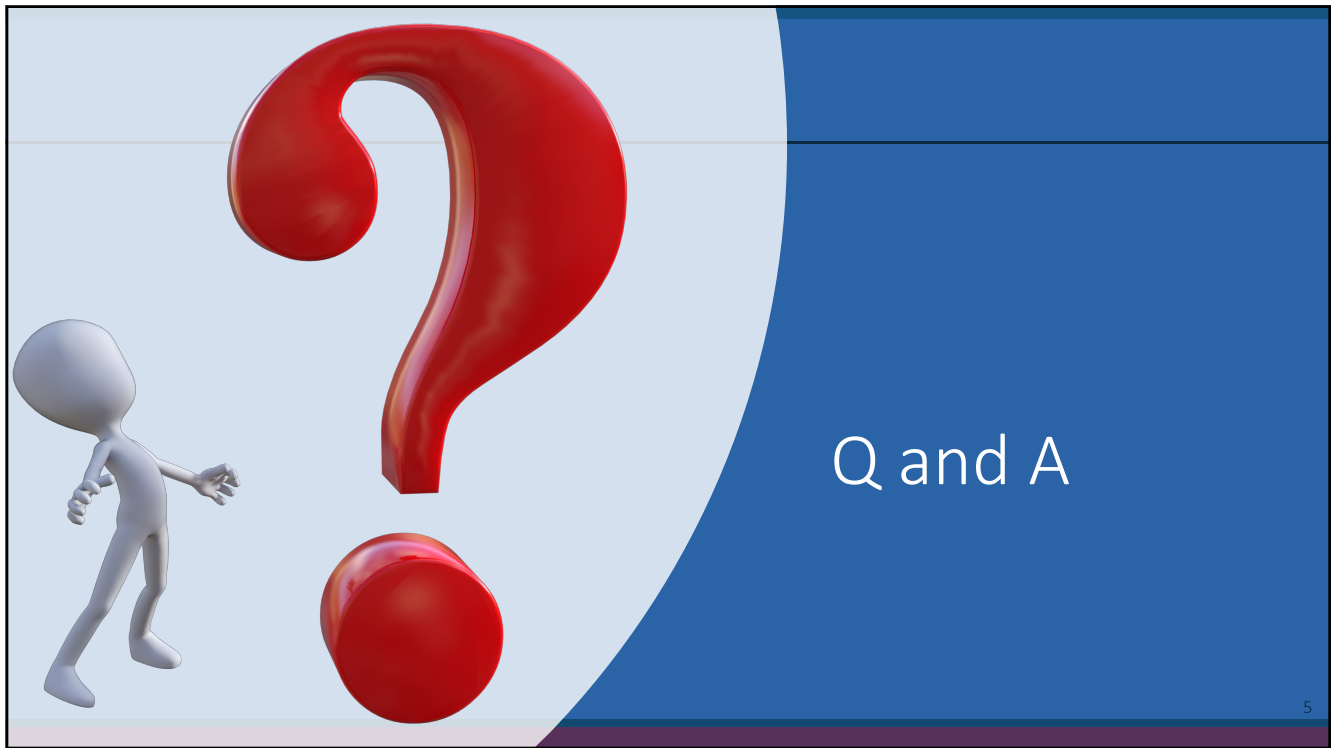
Applying to Practice

- Review a photo of your waiting room or you can use the photo below and complete the checklist to assess

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Checklist

Please download from handouts and use for the activity

Checklist for Assessing the Office Environment[1]

Exam Room

- ☐ Stepstool with handle for exam table access
- ☐ Large size gowns
- ☐ Large and extra large adult and thigh blood pressure cuffs
- ☐ Long vaginal specula
- ☐ Wide examination tables, bolted to the floor
- ☐ Hydraulic tilt tables, if possible
- ☐ Sturdy armless chairs

Waiting Room

- ☐ Open arm chairs that can support more than 300 pounds
- ☐ Firm sofas that can support more than 300 pounds
- ☐ Ensure 6–8 inches of space between chairs
- ☐ Weight-sensitive reading materials
- ☐ Doors and hallways accommodate large size wheelchairs, walkers, scooters
- ☐ Bathrooms with split lavatory seat with handled urine specimen collector
- ☐ Bathrooms with properly mounted grab bars and floor-mounted toilets

Scale

- ☐ Wide based scale that measures > 350 pounds

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Waiting Room to evaluate

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Waiting Room to evaluate

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Applying to Practice: Vernacular

1. Please download handout and complete form.

2. Please put the descriptive words into correct column.

3. Are there any other terms you would think could be used without eliciting bias or stigma around discussion of individuals affected by preobesity or obesity?

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People-First Language Reminder

"People-first" language recognizes the potential hazards of referring to or labeling individuals by their disease.

Thus, **"patient affected by preobesity or obesity" or "patient with pre-obesity or obesity"** are preferred over "obese patient."

This is like the standard with other diseases, such as diabetes mellitus, wherein "patient with diabetes" is preferred over "diabetic patient."

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Participant Action Items
Module 2 Wrap Up (To Dos)

✓ = done   ↓ = to do

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Module 2 – Overview

✓ By now, you should have completed clinical webinar for Module 2

❑ Next, **please complete** the Module 2 **Post-test**, **evaluation**, and **obtain your** CME/CE certificate by Sunday, January 31st

❑ If you have **additional questions** regarding Module 2, please check in with you Coach regarding their office hours this month.

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Participant Action Items
Next up: Module 3

Module 3 Clinical Webinar: *History and Physical Exam*

Assignments

1. **Pre-read Assignments** – Please read the following items ***before*** the clinical webinar:
    - Weight History in Clinical Practice: The State of the Science and Future Directions (Kushner RK, et al., 2020)
    - Edmonton Obesity Staging System (Sharma AM, et al., 2009)
    - AACE Obesity Staging System (Garvey WT, et al., 2014)

2. **Engagement Worksheet** – Download and use this worksheet to follow along in the clinical webinar

3. **Handouts** for this clinical webinar will be accessible via the "Resources" tab

Pre-Test

4. Complete the Module 3 "pre-test" by Sunday, February 7th (2 days prior to the clinical webinar)

Clinical Webinar

5. **Clinical Webinar** is on February 9, 2021 at 7pm – 8:30pm ET (90 minutes)
    - You are all pre-registered for this activity and will receive an invite this week on Wed., 1/27 from Karlee with more instructions
    - To log in to the clinical webinar on February 9th, you must go though AAPA's Learning Central

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