
OBESITY MANAGEMENT IN PRIMARY CARE CERTIFICATE PROGRAM:

A Practice Management & Leadership Training Program for PAs and NPs



Module 3: *History and Physical Exam* Clinical Webinar Key Pearls

Below are key pearls to reflect on from the Module 3 Clinical Webinar:

- Diagnosing obesity is an important first step to recognizing and addressing obesity in a clinical setting.
 - You can't treat what you don't diagnose
- A thorough assessment is the foundation of effective treatment.
- Your history, physical exam, and laboratory findings will help to guide individualized treatment.
- Use the readiness to change and respect if a patient is not ready to engage.
- Staging an individual's obesity will:
 - Help to understand the extent of the disease.
 - Specify how quality of life and functional ability are being impacted (if using EOSS).
 - Help to guide how aggressive treatment should be.