

# OBESITY MANAGEMENT IN PRIMARY CARE CERTIFICATE PROGRAM:

A Practice Management & Leadership Training Program for PAs and NPs



## Module 4: Lifestyle Interventions Physical Activity Case Study *Worksheet*

### Scenario 1:

Patient: “I was doing boot camp class at 5 am, 5 days a week, religiously for 6 months. But I haven’t lost any weight! I’m not seeing any benefit, so I quit last week. It’s just not working for me.”

- A. *What are some misconceptions that this patient may have about exercise and weight loss?*
- B. *What other questions can you ask her about her experience with the boot camp?*

### Questions

*Please answer the questions below. Upon completion you will have an opportunity to share your responses with the group at-large.*

1. How might you assess your patient’s level of physical activity?
  
  
  
  
  
  
  
  
  
  
2. How might you assess risk/ safety of starting a physical activity program?
  
  
  
  
  
  
  
  
  
  
3. How might you assess your patient’s readiness to engage in physical activity?
  
  
  
  
  
  
  
  
  
  
4. How might you go about developing a referral network for physical activity?
  
  
  
  
  
  
  
  
  
  
5. How might you write a prescription for physical activity?

Scenario 2: “Ms. Smith is a 21-year old patient with a BMI of 42. She has depression and GERD. She has not been physically active for the past few years but would like to get more active.”

*Develop a dialogue between the patient and the provider. What additional information would the provider want to gather? How would you go about developing a physical activity RX for this patient?*

Scenario 3: “Mr. Jones is a 52-year-old male with a BMI of 36, HTN, hyperlipidemia, and pre-diabetes. He has been walking at a brisk pace for 20 minutes 5 days a week.”

*Develop a dialogue between the patient and the provider. What additional information would the provider want to gather? How would you go about developing a physical activity RX for this patient?*