



Blackrock Medical Clinic

GP Guide to Weight Management Course

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1st Contact

Enrol on Weight Management Course

- 12-month course.
- Holistic and evidence based.
- Each month will cover a different topic.
- Aims to achieve long-term sustainable weight loss and improved health.
- Requires significant commitment with monthly reviews and homework.
- Includes scripts for medication as appropriate.

Costs

- 1st appointment is either long (€150) or split (2x€75).
- Monthly (€75).
- A 6- and 12-month long appointment (€150).
- Referrals to dietician who will charge separately.
- Potential additional costs such as investigations or review appointments as required.

1st Consult: Introduction

Introduction

Overweight is when you carry more fat than is optimal. Obesity is a condition where your weight affects your health. It is a long-term (chronic) condition with a wide range of causes. It usually develops over time.

Most people will require some kind of interventional support to lose significant weight and maintain an optimum weight for health. This may include supportive monitoring, medication, or surgery.

Our aim is to provide an evidence based, holistic approach to weight management with a focus on assisting you in achieving your goals and maintaining a healthy lifestyle and weight. The evidence shows that regular check-ups in a supportive environment is the best way to achieve this.

Your initial appointment will mostly be about gathering your baseline information to make sure we have a clear understanding of your needs and current state of health.

Assessment

- Height, weight, waist circumference at umbilicus.
- Blood pressure (potentially ABPM, additional cost €100).
- Bloods including cholesterol, Hba1c, LFT's, TFTs, amylase and any routine that might be indicated.

Referrals

Referral to a dietician for assessment. (Elaine McGowan Hermitage)

Materials

Module 1: Introduction to BMC Weight Management Course

Explain that there is homework to do including a food diary and various assessment questionnaires.

2nd Consult: Behavioural Modification

Review

- Check blood results.
- Review food diary and mental health questionnaire.
- Discuss dietician assessment.

Assess

- Height, weight, waist circumference at umbilicus.
- Blood pressure.

Discussion

Medication and the pros and cons if patient would like to discuss.

Behavioural modification is our next topic. We will explore the ways to make a sustainable change and develop good habits. This is evidence based and effective but does require significant effort.

Materials

Module 2: Behavioural Modification

3rd Consult: Satiety

Review

- How got on with behavioural modification module?
- Did they complete any of the exercises?
- If started medication how they got on and does dose need adjustment?

Assess

- Height, weight, waist circumference at umbilicus.
- Blood pressure.

Discussion

Medication and the pros and cons if patient would like to discuss.

Satiety is our next topic. It is about how we come to feel full after eating. How this process can become broken. Dietary and behavioural changes that promote satiety including high fibre/protein foods.

Materials

Module 3: Satiety

4th Consult: Exercise

Review

- How got on with satiety module?
- Did they complete the exercise?
- If started medication how they got on and does dose need adjustment?

Assess

- Height, weight, waist circumference at umbilicus.
- Blood pressure.

Discussion

Medication and the pros and cons if patient would like to discuss (PIL available).

Exercise is our next topic. Exercise is not a significant factor in weight loss, but it is important for health and maintaining weight loss. We discuss the type and amount of exercise that is recommended for health including aerobic, resistance, stretching and balance.

Materials

Module 4: Exercise

5th Consult: Diet

Review

- How got on with exercise module?
- Did they start an exercise routine?
- If started medication how they got on and does dose need adjustment?

Assess

- Height, weight, waist circumference at umbilicus.
- Blood pressure.
- Bloods including cholesterol, Hba1c, LFT's, TFTs and any routine that might be indicated.

Discussion

Medication and the pros and cons if patient would like to discuss (PIL available).

We will be doing our mid-programme review after this so they will have to fill out the same questionnaires again and do their bloods.

Diet is our next topic. The importance of healthy sustainable diet and lifestyle choices rather than a 'fad diet.' The Mediterranean lifestyle is shown to have good cardiovascular protective properties and includes eating whole foods, enjoying food with family, 'slow' rather than 'fast' food and a diet rich in legumes, pulses, fish, and fresh veg. We discuss ultra-processed food and the microbiome, all of which have important implications to our health and weight.

Materials

Module 5: Diet

Food diary and various assessment questionnaires.

6th Consult: 6 Month Review

Review

- How got on with diet module?
- Did they make a change to their diet?
- Check blood results.
- Review food diary and mental health questionnaire.
- If started medication how they got on and does dose need adjustment?

Assess

- Height, weight, waist circumference at umbilicus.
- Blood pressure (potentially ABPM, additional cost €100).

Discussion

Medication and the pros and cons if patient would like to discuss (PIL available).

This is our 6-month review so we will go over the topics covered so far and our understanding of them.

Materials

Module 6: Six Month Review

7th Consult: Mental Health

Review

- If started medication how they got on and does dose need adjustment?

Assess

- Height, weight, waist circumference at umbilicus.
- Blood pressure.

Discussion

Medication and the pros and cons if patient would like to discuss (PIL available).

There is an over 50% increased risk of obesity with mental health disorders and over 50% increased risk of depression with obesity, so there is a link. Even if the patient does not feel that there is an issue, proactive mental health care such as mindfulness and CBT techniques are beneficial to everyone.

Materials

Module 7: Mental Health

8th Consult: Sleep

Review

- How did they get on with the mental health module?
- Did they try any mindfulness or CBT techniques?
- If started medication how they got on and does dose need adjustment?

Assess

- Height, weight, waist circumference at umbilicus.
- Blood pressure.

Discussion

Medication and the pros and cons if patient would like to discuss (PIL available).

Not many people realise the importance of good sleep. When it comes to overweight and obesity sleep deprivation is associated with metabolic changes that affect the breakdown and metabolism of glucose. It also affects hormones associated with satiety and hunger. The bottom line is that poor sleep is associated with an increased risk of overweight and obesity among other things.

Materials

Module 8: Sleep

9th Consult: Metabolism

Review

- How did they get on with the sleep module?
- Did they try any of the techniques discussed?
- If started medication how they got on and does dose need adjustment?

Assess

- Height, weight, waist circumference at umbilicus.
- Blood pressure.

Discussion

Medication and the pros and cons if patient would like to discuss (PIL available).

This module focuses on how your metabolism affects your weight and vice versa. We will be keeping an eye out for conditions such as diabetes, metabolic syndrome, and sex hormone dysregulation such as PCOS.

Materials

Module 9: Metabolism

10th Consult: Health

Review

- How did they get on with the metabolism module?
- We hope they understand some of the metabolic risks and why severe calorie restrictions may not be beneficial in the long term.

Assess

- Height, weight, waist circumference at umbilicus.
- Blood pressure.

Discussion

Medication and the pros and cons if patient would like to discuss (PIL available).

In this module we provide some information on coronary heart disease, blood pressure, and hypothyroid as these are closely linked to weight. We also use the opportunity to assess any health issues which might influence their ability to meet their weight loss goals.

Materials

Module 10: Health

11th Consult: Managing Failure

Review

- How did they get on with the health module?
- Do they have any health issues affecting their weight loss that they need to discuss?
- If started medication how they got on and does dose need adjustment?

Assess

- Height, weight, waist circumference at umbilicus.
- Blood pressure (ABPM may be indicated additional cost: €100).
- Bloods including cholesterol, Hba1c, LFT's, TFTs and any routine that might be indicated.

Discussion

Medication and the pros and cons if patient would like to discuss (PIL available).

We will be doing our final review after this so they will have to fill out the same questionnaires again and do their bloods.

It is important to reinforce the concept of managing failure which we discussed in the behavioural modification module. It is normal to have bumps along the road, but it is important to plan for these and avoid them turning into a 'crash.'

Materials

Module 11: Managing Failure

Food diary and various assessment questionnaires.

12th Consult: Final Review

Review

- How did they get on with the managing failure module?
- Did they develop a plan?
- Check blood results.
- Review food diary and mental health questionnaire.
- If started medication how they got on and does dose need adjustment?

Assess

- Height, weight, waist circumference at umbilicus.
- Blood pressure.

Discussion

Medication and the pros and cons if patient would like to discuss (PIL available).

This is our final review so we should review our progress and develop a plan of how we intend to maintain it. If medication is prescribed the plan should support good medicines management e.g. 3-6 monthly review as required. It is possible to loop the course and start again from the beginning or to have more informal reviews. There should be a plan, as per last module, of reactivating supports if we start to have weight gain above a pre-set level.

Materials

Module 12: Final Review

Summary

Module	Bloods	Homework
1 st Introduction	Routine + amylase	Food diary/questionnaire
2 nd Behaviour Modification	Review bloods	Review FD/?naire
3 rd Satiety		
4 th Exercise		
5 th Diet	Routine	Food diary/questionnaire
6 th 6 Month Review	Review bloods	Review FD/?naire
7 th Mental Health		
8 th Sleep		
9 th Metabolism		
10 th Health		
11 th Managing Failure	Routine	Food diary/questionnaire
12 th Final review	Review bloods	Review FD/?naire

Examination on every consult: Height/Weight/Waist/Blood Pressure.

Prior to medication: 1kg weight loss, Dietician review, normal amylase.

Start Ozempic at 0.25mg increasing every month as tolerated to 1mg weekly.

Give link to PIL <https://blackrockmedicalclinic.ie/index.php/home/patient-information/weight-management/ozempic-semaglutide/>