

LIFeStyle Medicine – Weight Management Clinics – Learning Objectives for Trainees

Trainees rotating in the Lifestyle Medicine – Weight Management Clinics will participate in the outpatient care of severely obese children from 0-18 years. Goals include better understanding medical conditions that contribute to excess weight gain, medical complications of excess weight gain, and lifestyle factors that contribute to weight gain. Trainees will learn about the role of a multidisciplinary team and the primary care provider in addressing childhood obesity, tailored to career goals. Methods of learning include completing the history and physical exam, and creating a treatment plan collaboratively with the attending and family. Trainees will observe and practice counseling skills to support self-management of chronic conditions including Motivational Interviewing.

1. To understand the **medical conditions that can cause or contribute to excess weight gain**
 - a. Readings (send email to Laura Primak)
 - b. The trainee will elicit Patient History and discusses with attending for New Patient(s) (preferred) or Follow-up
 - i. **Please read this prior to clinic: Expert Committee Recommendations on Prevention, Assessment, and Treatment of Childhood Overweight and Obesity Summary Paper - Barlow SE Pediatrics 2007 PMID 18055651**
 - ii. Other Optional reading
 1. Etiologies of obesity in children: nature and nurture. Skelton JA - *Pediatr Clin North Am* - 01-DEC-2011; 58(6): 1333-54
 2. Practical approaches to the treatment of severe pediatric obesity. Lenders CM - *Pediatr Clin North Am* - 01-DEC-2011; 58(6): 1425-38, x-xi
 3. Haemer M, Daniels S Chapter in the Handbook of Obesity – Bray and Bouchard eds. Special Issues in Treatment of Childhood Obesity
 - iii. A useful office Reference for general pediatrics and specialties: AAP Nutrition Handbook
2. To understand the **medical conditions that can result from excess weight gain in childhood**
 - a. Trainee takes Patient History and discusses with attending
 - b. Pre-clinic reading
3. To understand the **lifestyle factors (diet, eating behaviors, activity, sleep) that contribute to excess weight gain in children.**
 - a. Trainee elicits the lifestyle history and creates a menu of changes with the attending and family
4. To observe and begin to practice **collaborative goal setting, motivational interviewing for chronic disease management, and self-monitoring techniques**
 - a. Trainee assists attending in presenting and selecting goals collaboratively with attending and family.
5. To understand the **role of a multidisciplinary team** in the treatment of childhood obesity
 - a. Observe and participate in visits with non-physician team members as possible:
 - b. If observation with team members not possible, discuss with attending the role in treatment team:
 - i. Dietitian
 - ii. Psychologist
 - iii. Exercise Physiologist
 - iv. Social Worker – as needed
6. To understand the role of primary care and specialists in screening, referring, and playing a continuity role in childhood obesity treatment.

- a. Resident and attending will discuss career goal in primary or specialty care, if known, and the potential role within staged treatment
- b. Resident drafts discussion aimed at educating and engaging primary care provider in care – attending refines and shares final letter with the resident

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