

# WEIGHT & WELLBEING SERVICE MAP

Objective

Clinician tool to support patient care through lifestyle behaviour modification so patients can self-manage their condition

Assess

Family Physician (FP) uses BMI to diagnosis patient as obese & the **Edmonton Obesity Staging System (EOSS)** to assess the patients severity

Refer

Family Physician refers **EOSS 2-4 ONLY** to Neighbourhood Nurse (NN) or their Nurse in Practice (NIP)  
Please include BMI and **EOSS** stage on the referral

Initial Phone Call

Clinician reviews referral and confirms patient is EOSS 2-4  
Clinician contacts patient to arrange initial appointment

Appointment #1 (phone/virtual)

During Initial Appointment (~15-30 minutes phone call), Clinician will:

- Build referral awareness
- Follow Weight & Wellbeing Intake Form - complete 'Assessment' Section only
- Provide patient with Module 1 Understanding Obesity with Ice-berg handout to review and complete before next appointment
- Arrange next 1:1 visit, suggest virtual/phone

If patient is already aware of a Weight Management Program & expecting to be referred, clinician can complete the referral now.

- Discuss benefits of program & how this will support the patient in their health journey
- Weight Management Program Referral Criteria: Adults > 18 years with a BMI > 30

**Metacare Obesity Program (Surrey) Referral Form**

- Provide the highest quality, evidence-based and patient centered healthcare for patients with obesity and cardiometabolic diseases. They believe in a compassionate, individualized and multidisciplinary care. Program is a combination of lifestyle guidance and medications to empower patients to treat their disease.
- MSP-covered
- Wait: ~ 1-3 months

**Medical Weight Management Program (Coquitlam) Referral Form**

- A multidisciplinary treatment centre for the evaluation and treatment of Chronic Obesity and it's associated morbidities
- MSP-covered, group based program. 1 year commitment
- Wait: ~ 2-3 months

NOTE: Weight Management referral can be discuss in next appointment, as well. Clinician use your discretion.

*Use this as a flexible tool*

Appointment #2 (virtual/phone)

**Referred to a Weight Management Program**

Clinician can:

- See if patient has any question or comments regarding Module 1 Understanding Obesity.
- What are the patients root causes?
- Discuss and co-develop a self-management plan with the patient
- Identify relevant resources for patient to review on resource list
- Email or provide physical copies of each recommended resource

Communicate back with FP regarding visit

Appointment will take approximately: 15-30 minutes

Number of follow up visits at discretion of clinician.

NOTE: patient may need ongoing support while waiting for transition in care.

**No referral yet to Weight Management Program**

Clinician can:

- See if patient has any questions or comments regarding Module 1 Understanding Obesity.
- What are the patients root causes?
- Discuss referral to Weight Management Program & how this will support them in their health journey
- Program Eligibility: Adults > 18 years with a BMI > 30.
- Physician referral required
- Metacare Obesity Program (Surrey) [Referral Form](#)
- Medical Weight Management Program (Coquitlam) [Referral Form](#)

- Discuss and co-develop a self-management plan with the patient

- Identify relevant resources for patient to review on resource list
- Email or provide physical copies of each recommended resource

Communicate back with FP regarding visit

Appointment will take approximately: 15-30 minutes

Number of follow up visits at discretion of clinician.

NOTE: patient may need ongoing support while waiting for transition in care.

**NOTE:** Only offer 1:1 support option if patient is really against either medical weight management program.

**Referred to Medical Weight Management Program**

**1:1 Support with Clinician**

Follow-up Appointments (virtual/phone)

During follow up appointment(s), clinician can:

Follow-up to confirm:

- Patient been contacted by the referral site
- Date of initial referral consultation

Check in on:

- How the patient's health journey is going?
- Are they finding the medical weight management program beneficial for them?

Communicate back with FP regarding visit(s)

Appointment will take approximately: 10 - 15 minutes

Number of follow up visits at discretion of clinician.

Let patient know during last visit if any new concerns or needs come up to connect with their FP.

During appointments, clinician can:

- Review the self-directed material sent
- Any questions or comments?
- Discuss next steps in self-management plan (i.e. continue exercise plan, change in eating habits, etc.)
- Make any referrals, if necessary
- If patient is wanting continued 1:1 support refer them onto the [HealthSteps](#):
- 1:1 App-based program that helps individuals develop a healthier lifestyle to improve their health and wellness
- Virtual and phone based
- Eligibility: Age 18+
- self-referral
- Wait: ~2 weeks

Communicate back to FP regarding visit(s)

Appointment will take approximately: 10 - 15 minutes

Number of follow up visits at discretion of clinician.

Let patient know during last visit if any new concerns or needs come up to connect with their FP.

Self Management Resources

PATIENT EDUCATION MODULES		Additional Resources
1	<p><a href="#">Understanding Obesity</a> <input checked="" type="checkbox"/></p> <p>- <a href="#">Edmonton West PCN Iceberg Activity</a> <input checked="" type="checkbox"/></p> <p>Email all items in Module 1: <input checked="" type="checkbox"/></p>	<p><a href="#">Obesity Fact Sheet</a></p>
2	<p><a href="#">Food &amp; Nutrition Essentials</a> <input checked="" type="checkbox"/></p> <p>- <a href="#">Let's Talk About Weight, No Size Fits All Booklet</a>. Refer to pages 14-19 'Fuel your Body with Satisfying Foods' <input checked="" type="checkbox"/></p> <p>Email all items in Module 2: <input checked="" type="checkbox"/></p>	<p><b>General Resources:</b></p> <ul style="list-style-type: none"> <li>- <a href="#">Eating Well With Canada's Food Guide</a> <input checked="" type="checkbox"/></li> <li>- <a href="#">Eating Well with Canada's food Guide - First Nations, Inuit and Metis</a></li> <li>- <a href="#">Eat Protein Foods</a></li> <li>- <a href="#">Eat Whole Grain Foods</a></li> <li>- <a href="#">Eat Vegetables and Fruits</a></li> <li>- <a href="#">Choose Foods with Health Fats</a></li> <li>- <a href="#">Healthy Eating Recommendations</a></li> <li>- <a href="#">Healthy Snacks</a></li> <li>- <a href="#">Healthy Eating on a Budget</a></li> <li>- <a href="#">What's Driving Your Hunger?</a></li> <li>- <a href="#">Canada's Food Guide: Recipes</a></li> </ul> <p><b>Meal Planning:</b></p> <ul style="list-style-type: none"> <li>- <a href="#">Meal Planning</a></li> <li>- <a href="#">Plan What You Eat: Benefits &amp; the How to's</a></li> <li>- <a href="#">Meal Planning Log (handout)</a> <input checked="" type="checkbox"/></li> </ul> <p><b>Nutrition and Fitness Tracker Apps (free)</b></p> <ul style="list-style-type: none"> <li>- MyFitnessPal</li> <li>- My Net Diary</li> <li>- Lose It</li> </ul> <p><b>Dietitian Services:</b></p> <ul style="list-style-type: none"> <li>- <a href="#">HealthLinkBC Dietitian Services</a>: Call 811 <input checked="" type="checkbox"/></li> <li>- Offer telephone, email or web-based food and nutrition services to support the information, education and counselling needs of BC residents and health professionals</li> <li>- Monday to Friday 9am to 5pm pst</li> <li>- Eat Well Live Well Education Class</li> <li>- PAH Outpatient Nutrition Counselling <a href="#">Referral Form</a></li> <li>- Series addresses What and How we Eat</li> <li>- Wait ~ 3 months</li> </ul>
3	<p><a href="#">Learned Eating</a> <input checked="" type="checkbox"/></p>	
4	<p><a href="#">Mindful Eating</a> <input checked="" type="checkbox"/></p> <p>- <a href="#">Let's Talk About Weight, No Size Fits All Booklet</a>. Refer to pages 12-13 'Take a Mindful Approach to Eating' <input checked="" type="checkbox"/></p> <p>Email all items in Module 4: <input checked="" type="checkbox"/></p>	
5	<p><a href="#">Managing Emotional Eating</a> <input checked="" type="checkbox"/></p>	
6	<p><a href="#">Physical Activity</a> <input checked="" type="checkbox"/></p> <p>- <a href="#">Let's Talk About Weight, No Size Fits All Booklet</a>. Refer to page 20 'The importance of physical activity &amp; Sleep' <input checked="" type="checkbox"/></p> <p>Email all items in Module 6: <input checked="" type="checkbox"/></p>	<p><a href="#">General guide for Physical Activity or exercise for patients with obesity, stable CVD or osteoarthritis</a></p> <p><a href="#">Physical Activity Goal Log Guide: HealthLinkBC</a></p> <ul style="list-style-type: none"> <li>- <a href="#">Physical Activity Log (printable)</a></li> </ul> <p><a href="#">Exercise Prescription (Rx)</a> <input checked="" type="checkbox"/></p> <p><b>Home Exercise Options (Free):</b></p> <ul style="list-style-type: none"> <li><a href="#">Home Exercise Program (Printable)</a></li> <li><a href="#">YFitness Virtual Workouts</a> <input checked="" type="checkbox"/></li> <li><a href="#">City of White Rock Online Exercise Video Library</a></li> <li><a href="#">Choose to Move 65+</a> <input checked="" type="checkbox"/></li> <li><a href="#">Physical Activity Service: HealthLinkBC</a> <input checked="" type="checkbox"/></li> <li>- Patient can Call 811 or Clinician can refer using <a href="#">referral form</a></li> <li>- Information and advice from a qualified exercise professional</li> <li>- Monday to Friday 9am to 5pm pst</li> </ul> <p><b>Apps:</b></p> <ul style="list-style-type: none"> <li>- <a href="#">ParticipACTION App</a></li> <li>- MyFitnessPal</li> <li>- Health app on patient's smartphone</li> <li>- Health app that links to patient's smartwatch</li> </ul>
7	<p><a href="#">Sleep</a> <input checked="" type="checkbox"/></p> <p>- <a href="#">Let's Talk About Weight, No Size Fits All Booklet</a>. Refer to page 20 'The importance of physical activity &amp; Sleep' <input checked="" type="checkbox"/></p> <p>Email all items in Module 7: <input checked="" type="checkbox"/></p>	<p><a href="#">Sleeping Better (HealthLinkBC)</a></p> <p><a href="#">Getting a Good Nights Sleep (Anxiety Canada)</a> <input checked="" type="checkbox"/></p>
8	<p><a href="#">Stress Management</a> <input checked="" type="checkbox"/></p>	<p><a href="#">Stress Info Sheet</a></p> <p><a href="#">Stress and Well-being: Online Wellness Module from Here to Help BC</a></p> <p><a href="#">BounceBack BC</a> <input checked="" type="checkbox"/></p> <ul style="list-style-type: none"> <li>- Free skill-building program designed to help adults and youth 15+ manage mild to moderate depression, anxiety, stress or worry.</li> <li>- <a href="#">Online - self paced program</a></li> <li>- open to anyone</li> <li>- <a href="#">BounceBack Coaching</a></li> <li>- work with a coach to help you learn skills to improve your mental health in up to 6 telephone sessions over 3-6 months</li> <li>- Must meet the following criteria: 15 years or older, live in BC, already connected to a primary care provider, not at risk of harming self or others, are not diagnosed with a personality disorder, have not had a manic episode or psychosis in the last 6 months, not significantly misusing drugs or alcohol to the extent that it would impact engagement in CBT treatment</li> <li>- <a href="#">Physician Required Referral</a></li> <li>- <a href="#">Information for referring physicians</a></li> <li>- <a href="#">Brochure</a> <input checked="" type="checkbox"/></li> <li><a href="#">Y Mindfulness-Online Program Adult</a> <input checked="" type="checkbox"/></li> <li>- Free, seven-week mental wellness program is open to those aged 31 and up who are experiencing stress and mild to moderate anxiety. Participants will learn evidence-based strategies to increase coping. This group is led by trained mental health professionals and gives adults the chance to connect with others who are experiencing similar thoughts and feelings.</li> <li>- Self referral</li> <li>- Contact: ymind@gv.ymca.ca or 604-673-6182</li> <li><a href="#">YWell: Mindful Movements</a></li> <li>- Series of 11 meditation videos which include practicing gratitude, meditation to release anxiety and loving kindness</li> <li><a href="#">MindShift CBT App</a> <input checked="" type="checkbox"/></li> <li>- Free</li> <li>- Suggest using the chill-out tools</li> </ul>