

Overweight and obesity in adults: personalised care pathway

Obesity is a complex chronic condition which has an impact on health and quality of life. Understanding the causes and effects of overweight or obesity is key to personalising care and providing support.

A person-centred multidisciplinary approach



- Adopt an open and non-judgemental attitude
- Look beyond BMI: understand the impact of the condition, the person's personal history
- Establish a partnership with the person and build the care plan together
- Develop the person's capabilities and self-confidence
- Get support from a local and/or specialised multidisciplinary team: plan and coordinate to provide care together

The 4 Ds: Act to improve the care pathway



Detect

- Propose to measure: the person's weight, height and waist circumference
- Calculate BMI and plot the curve
- Assess curve dynamics
- Pay close attention to warning signs and at-risk situations



Open up dialogue:

- Encourage health-promoting lifestyle habits
- Propose a designated consultation in cases of overweight and obesity



Diagnose

- Confirm overweight or obesity
- Deliver the diagnosis
- Conduct a multidimensional assessment
- Screen for comorbidities



Define complexity to grade care:

1. Overweight or non-complex obesity
2. Complex obesity
3. Highly complex obesity



Discuss

- Agree on the care plan
- Provide support for any psychological problems, self-stigma, any form of vulnerability
- Propose therapeutic education:
 - maintain or increase physical activity
 - limit sedentary behaviour
 - improve diet: sensations, balance, environment
 - improve sleep: quantity, quality, pace of life



Decide together

First-line approach for all situations:

- Maintain lifestyle changes over time
- Personalise target weight
- Treat comorbidities and psychological difficulties
- Relieve associated symptoms

Second-line approach for complex and highly complex situations:

- Consider while continuing lifestyle changes:
 - stay in medical and rehabilitation care setting
 - pharmacotherapy for obesity
 - bariatric surgery after multidisciplinary preparation

Consult care pathway guide: overweight and obesity in adults

