



# PI Project: Multidisciplinary Weight Loss Clinic



## Problems

- Obesity as a medical problem affects approx. 45% of Americans.
- US Navy has the highest rate of military branches, at 22% of servicemembers suffering with obesity
- Obesity is often looked at as a willpower problem rather than a medical issue, which causes bias and shame
- TRICARE formulary covers weight loss medications, but they are not regularly used given administrative burden and unfamiliarity with treatment options

**Directorate/Department:** DMS/Family Medicine

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## Project Goals

- Start multidisciplinary weight loss clinic (WLC)
- Support readiness by helping servicemembers with weight management options
- Use lifestyle changes and medication to achieve weight loss goals

## Do

- Implemented multidisciplinary clinic embedded in Family Medicine to provide patients with obesity care
- Worked with NHB dietitian and NHB homeport PT to create embedded clinic
- Identified staff member(s) to act as Weight Loss Clinic champion
- Initiated proactive patient scheduling with Weight Loss Clinic
- Ensure patient is on a tracker to help with accountability and compliance with appointments
- Created simple system for referral of patients in order to best utilize WLC
- Took burden of obesity discussion and treatment off of PCM in order to allow for more efficient use of clinic time

## Check

- Increased provider and patient satisfaction as these focused appointments allow them to evaluate the current plan of care and discuss continued treatment options available
- Increased patient satisfaction as their care is proactively managed
- Improved access to treatment for obesity without shame or bias



## Act

- WLC implemented for patients recognized by dietitian and family medicine providers
- Patients are contacted by staff to schedule monthly face to face or virtual appointments according to their last visit to the clinic
- Ensures metrics are updated in the tracker
- Ensures providers have ample time to manage the complex disease of obesity, while allowing PCMs reduction of burden of managing obesity.