

Interprofessional Team Engagement Series

The goals of the monthly [Interprofessional Team](#) (IPT) Engagement Series are to learn, connect and share questions and experiences to help IPT Clinicians and Primary Care Providers to optimize how they work together in the Primary Care Networks (PCNs) to support their patients.



SESSION 13: A PCN Approach to Healthy Bodies – October 16th, 2024

This report summarizes the *IPT Engagement Series Session: A PCN Approach to Healthy Bodies* held on October 16th, 2024. The session focused on shifting from a weight-centric to a health-centric approach, aiming to reduce weight stigma in healthcare. Key topics included weight management strategies, addressing bias, and promoting health at every size.

Q&A

1. Are there any supports for patients who cannot speak English?

Yes- there are IPT dietitians that are bilingual, as well as translation services available. Please indicate on the IPT Referral form if your client requires services in another language.

2. Will PCN Dietitians take referrals for weight loss/maintenance with focus on health-related goals and benefits for patients who have started on weight loss medications?

For patients who are on weight loss medications, the PCN Dietitians can see them alongside their medication plan and assist with sustainable healthy habit building that can supplement and work alongside their medication.

3. How can primary care providers support patients after completing sessions with a PCN dietitian?

Primary care providers (PCPs) can support patients after PCN dietitian sessions by reinforcing key nutrition goals, checking on progress, and addressing any challenges. Regular follow-ups help patients stay accountable and celebrate milestones, while providing encouragement and empathy fosters motivation.

PCPs can also offer helpful resources or suggest community programs. If new needs or concerns arise, PCPs can re-refer to the PCN dietitian or advise patients to call 811 to speak with a dietitian. This collaborative approach ensures patients receive ongoing support to maintain healthy dietary changes.

SESSION FEEDBACK – 55 Respondents

89.09%

Would refer a patient with similar circumstances

98.25%

would recommend the sessions to colleagues

100%

would attend another session

"I like the commitment to provide tailored solutions for each person, and the recognition that everyone's body type is different. It was an informative presentation."
-Primary Care Provider

"This was a fantastic update in helping us understand how to approach obesity in light of recent changes to guidelines."
-Primary Care Provider

Who attended the session?



53 Providers

(FPs, NPs, RNs)

6 IPT Clinicians

(RDs, OTs, CCs)

Did you miss the event? Click [here](#) to view the PowerPoint and click [here](#) for a recording of the case study.

NEXT SESSION: December 2024

Find more info about these sessions or contact your [Community Network Manager](#)

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Support Resources

- **Obesity Canada.** (2022). Medical Nutrition Therapy. Click [here](#) to learn more.
- **The Gatekeeper, Go-Getter, and Lazy Executive** – Video explaining decision-making styles: [Watch here](#).
- **Poodle Science** – A short, informative video on health at every size: [Watch here](#).
- **Balanced View** – Resources for balanced health perspectives: [Visit site](#).
- **Healthy Weight Approach** – Emphasis on health, not weight. [VCH Key Messages](#).
- **Harvard Implicit Test on Weight Bias** – Take a test to explore implicit biases on weight: [Take the test](#).
- **5As of Obesity Management for Adults** – A comprehensive approach to obesity management from Obesity Canada: [Learn more](#).
- **Why I No Longer Prescribe Weight Loss or Use BMI** – Article by Dr. K. Wind on evolving practices in weight management: [Read here](#).

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