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Autore	Christensen Sandra
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Nota di contenuto	Preface -- 1. Understanding Obesity as a Disease -- 2. Identifying & Reducing Weight Bias -- 3. Barriers to Discussing Weight -- 4. Creating An Environment for Effective Conversations to Take Place -- 5. Creating a Framework for Effective Conversations -- 6. Clinical Scenarios -- 7. What We've Learned.
Sommario/riassunto	This practical book provides effective, time-efficient strategies for initiating and continuing productive conversations about weight that can be incorporated into any practice setting. It will benefit all clinicians—advanced practice nurses, physician assistants, physicians—from students to experienced providers, whether they provide obesity treatment or refer to those who do. This guide addresses the numerous barriers that clinicians encounter when they contemplate or attempt conversations about weight and provides strategies to reduce and overcome these barriers. It guides clinicians step-by-step through the concepts and skills needed to have conversations that lead to improved health. Each chapter provides useful tools and information about how to move the conversation forward in a respectful, skillful manner. Real life clinical scenarios provide examples of short, productive

conversations that incorporate the tools into clinical practice. Many clinicians recognize the importance of discussing weight with their patients yet feel unprepared to do so. Most did not learn about obesity or how to talk about it in their clinical educational programs and have little access to continuing education. Without the knowledge and skills to start a productive conversation, many avoid the topic. This avoidance has a negative impact on the health of those with obesity and pre-obesity. Given that obesity treatment improves outcomes, it is imperative that clinicians are skilled at discussing weight with knowledge and sensitivity. This book meets that gap.

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