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HSE/ICGP Weight Management Treatment Algorithm for Adults

Author: ICGP;HSE

Publication Year: 2011

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Contents

The GP Exercise Referral Programme, in its current format, is no longer being delivered by the HSE. If you have any further queries please send them to gpexercisereferral@gmail.com

Raising the issue

Initial assessment

Benefits of a 10% loss in presenting body weight

Relevant history

Physical Activity Guidelines

Subsequent Visits/referral options

Pharmacotherapy

Contraceptive renewal

Description

Reviewed: 2014, no updates required, Next Review: 2017

The HSE-ICGP Weight Management Treatment Algorithm and accompanying BMI chart were developed by a multidisciplinary working group comprising members of the team from the Weight Management Treatment Service St Columcille's Hospital, Loughlinstown and HSE community based Dietitians, Physical Activity Co-Ordinators, Psychologist and Health Promotion Officers.

Dr Sinead Murphy, Galway, represented the ICGP on this working group and provided the link between the group and the ICGP Quality in Practice Committee who approved the project.

The aim was to provide a blueprint for GPs and primary care staff to assist in the prevention, detection and management of overweight and obesity in the community. The HSE in developing this and other supports for all areas of the health service, is advocating healthy lifelong weight management for all.

Format	Download
Keywords	body weight, children, guidelines, health, obesity
Publisher	HSE
Classification	obesity
Pages	2
Categories:	Irish Content, ICGP Resources
External Link	http://www.icgp.ie/QRGweightmanagement