



**LONG-TERM MANAGEMENT**

# Supporting your patients in the long term

*"Management of weight is a life-long journey".<sup>1</sup>* Regular follow-up and monitoring is important for helping people achieve weight loss and avoid weight gain in the long term.<sup>1</sup>

There are no hard and fast rules about how frequently you should see your patient at any stage of their weight loss journey. It can be useful to start by considering the following factors.

### Questions to consider when appointment planning

*What schedule will help create the greatest chance of success for this patient?*

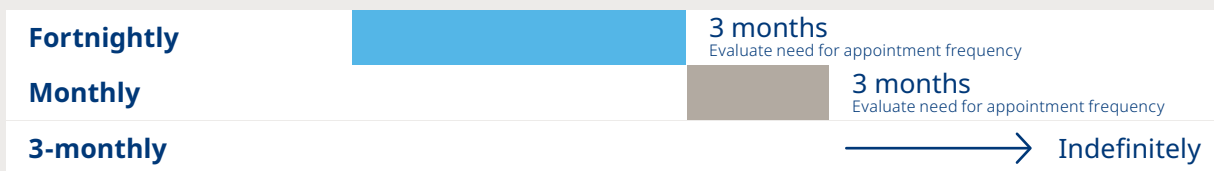
*What schedule will help prevent weight regain?*

*What are the costs to my patient – financial and time wise – of the schedule I am considering?*

*Who else can play a part of the ongoing monitoring and support? (Consider social, community, and multidisciplinary support).<sup>1</sup>*

When you have assessed the likely needs of your patient you should discuss your ideas with them, and together plan an appropriate schedule.

### Indicative obesity management schedule



Any appointment schedule should be considered a guide, and be sufficiently flexible to respond to plateaus, setbacks or other roadblocks your patient may encounter. As you gain an understanding of each patient’s habits and motivations you will be better able to predict when you may need to increase or decrease the frequency of appointments.

**Reference: 1.** New Zealand Ministry of Health. Clinical Guidelines for Weight Management in New Zealand Adults. 2017. Available at: <https://www.health.govt.nz/system/files/documents/publications/clinical-guidelines-for-weight-management-in-new-zealand-adultsv2.pdf>. (Accessed July 2024).