USF Healthy Weight Clinic Intake Form

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Background

The USF Healthy Weight Clinic located at USF’s South campus is a multi-disciplinary Internal Medicine and Pediatric Clinic managed by Dr. Denise Edwards.
- **Clinic Theme:** Offers comprehensive, holistic approach for weight management and eating disorders.
- **Clinic Structure:** A psychologist and registered dietician are available for each patient.
- **Opportunity for improvement:** Lacks one comprehensive intake form for all the specialties
  - Created inefficiencies within the clinic
  - Possible safety concerns

Plan

Developed a standardized patient intake form, specifically for overweight and obese adult patients, that encompasses all of the specialties involved with patient care.
- **Objectives:**
  - Created formal document intended for sharing information among team members
  - Included pertinent information from each specialty
  - Collected a unified history focused on weight management
  - Identified patient’s specific needs prior to encounter
  - Allowed patients to explore lifestyle factors that contribute to their disease
  - Tracked patient’s progress

Methods

Preformed a search of published intake forms and adapted models towards our document.
- **Utilized existing intake forms from different specialities (nutritional, psychology)**
- **Incorporated objective measures such as Epworth Sleepiness Scale**
- **Challenges:**
  - Need to incorporate questions from research that have proven to be controversial on new weight management approaches within our health team.
  - Collected a wide variety of evidence from literature under the weight management and obesity field to support the use of each question as it relates to weight management.

Form began with lifestyle questions so that patient realizes its implication on weight loss
- A central theme in clinic, which lends to holistic approach

The team of psychologists use cognitive behavioral therapy so patients can best cope with stress
- One RCT outlined significant weight loss when accompanied with stress management while decreasing cortisol levels

The team of psychologists use cognitive behavioral therapy so patients can best cope with stress

Form includes questions on lifestyle patterns with their metabolism - which many patients are not aware of
- Correlated relationship between patient’s sleep patterns with their metabolism - which many patients are not aware of

USF Healthy Weight Clinic

**Patient Intake Form**

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the longest time you have gone without eating?</td>
<td>0 min, 15 min, 30 min, 60 min, 90 min, 120 min</td>
</tr>
<tr>
<td>What is your goal for this appointment?</td>
<td>To determine if I am suffering from obesity or not</td>
</tr>
<tr>
<td>When have you diminished your food intake the most recently?</td>
<td>0 min, 15 min, 30 min, 60 min, 90 min, 120 min</td>
</tr>
<tr>
<td>How many times has your diet changed per week?</td>
<td>0, 1, 2, 3, 4, 5, 6, 7</td>
</tr>
<tr>
<td>How often does your diet change per month?</td>
<td>0, 1, 2, 3, 4, 5, 6, 7</td>
</tr>
<tr>
<td>How often do you eat at restaurants?</td>
<td>0, 1, 2, 3, 4, 5, 6, 7</td>
</tr>
</tbody>
</table>

**References**


Acknowledgements

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