



# Can you see me?

## Virtual Support in Weight Management

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LEAD Dietitian LEAF Weight Management



Name: **Danielle Aldous**- “Canadian Obesity Weekend – May 2022”

## Financial Disclosures

(over past 24 months)

	Speaker	Advisory	Research	Consultant
AbbVie				
Allergan				
Janssen				
Lupin Pharma				
Mylan				
Olympus				
Pendopharm				
Pentax Medical				
Pfizer				
Shire				
Takeda				

## CanMEDS Roles Covered: **Danielle Aldous**- “Canadian Obesity Weekend 2022”

	<b>Medical Expert</b> (as <i>Medical Experts</i> , physicians integrate all of the CanMEDS Roles, applying medical knowledge, clinical skills, and professional values in their provision of high-quality and safe patient-centered care. <i>Medical Expert</i> is the central physician Role in the CanMEDS Framework and defines the physician’s clinical scope of practice.)
X	<b>Communicator</b> (as <i>Communicators</i> , physicians form relationships with patients and their families that facilitate the gathering and sharing of essential information for effective health care.)
X	<b>Collaborator</b> (as <i>Collaborators</i> , physicians work effectively with other health care professionals to provide safe, high-quality, patient-centred care.)
X	<b>Leader</b> (as <i>Leaders</i> , physicians engage with others to contribute to a vision of a high-quality health care system and take responsibility for the delivery of excellent patient care through their activities as clinicians, administrators, scholars, or teachers.)
X	<b>Health Advocate</b> (as <i>Health Advocates</i> , physicians contribute their expertise and influence as they work with communities or patient populations to improve health. They work with those they serve to determine and understand needs, speak on behalf of others when required, and support the mobilization of resources to effect change.)
	<b>Scholar</b> (as <i>Scholars</i> , physicians demonstrate a lifelong commitment to excellence in practice through continuous learning and by teaching others, evaluating evidence, and contributing to scholarship.)
X	<b>Professional</b> (as <i>Professionals</i> , physicians are committed to the health and well-being of individual patients and society through ethical practice, high personal standards of behaviour, accountability to the profession and society, physician-led regulation, and maintenance of personal health.)



# Outline



SUPPORT AT A DISTANCE

THE PANDEMIC PIVOT

LEAF'S PODS & BELEAF

OPPORTUNITIES & CHALLENGES

# Support

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The actions and behaviours of a person with the purpose of helping someone else accomplish a goal or meet the needs of a situation.



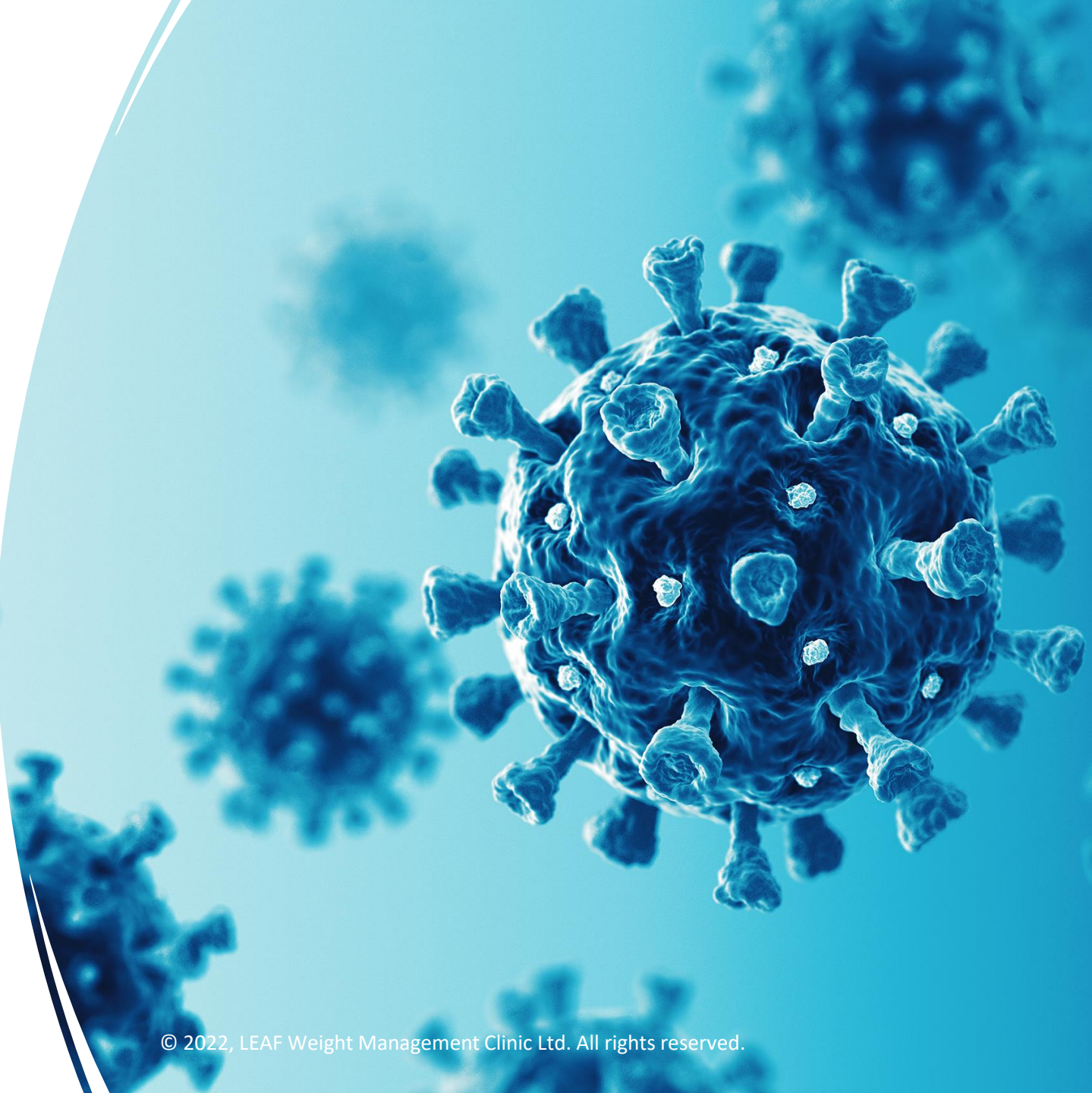


# Covid-19

## Specific Barriers

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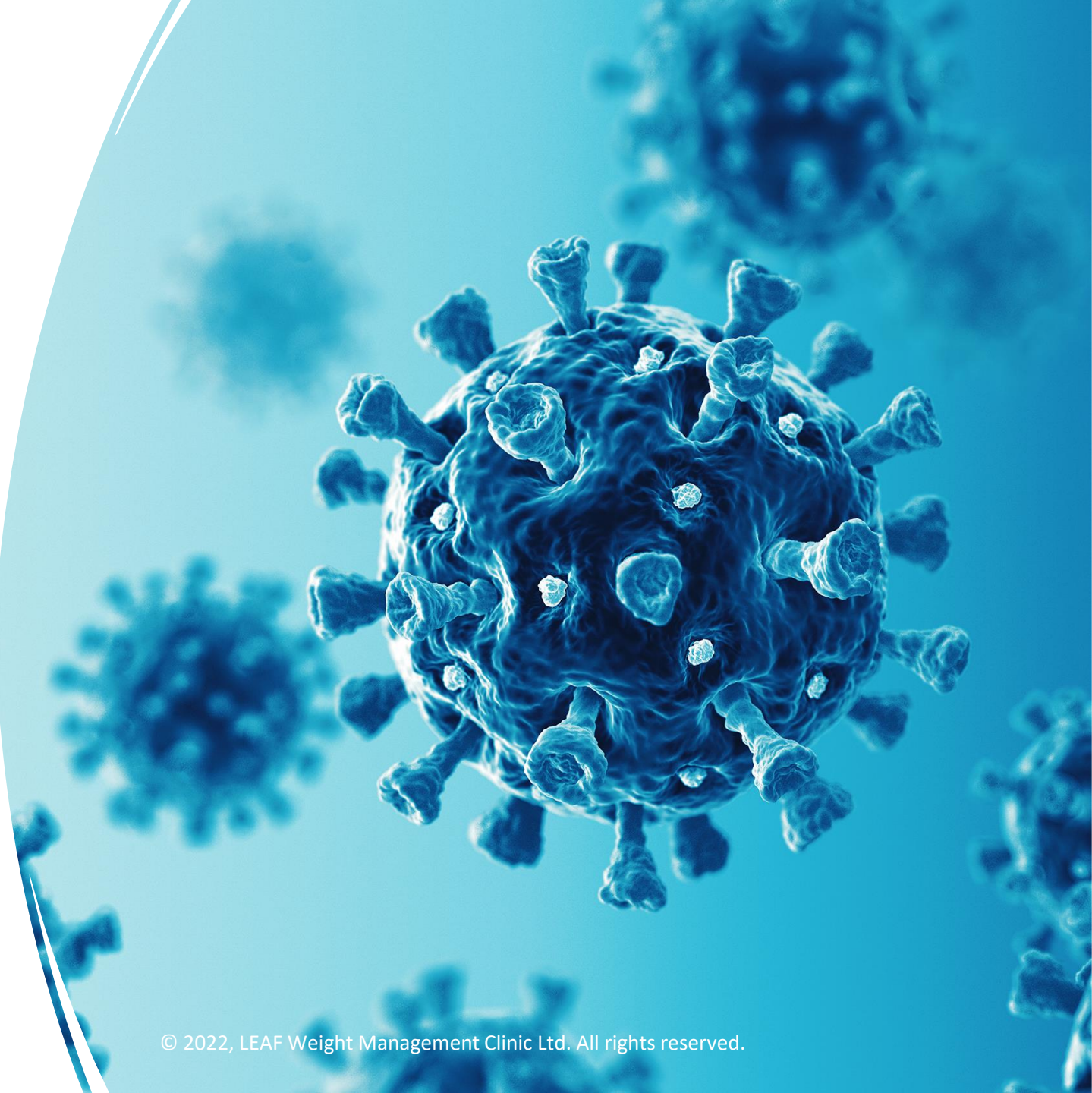
- Social isolation & loneliness = risk factors for compromised physical, mental health & increased mortality
- Intervention needed to support behaviours protective against weight gain/regain



# Risky behaviours

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- Increased sedentary behaviour
- Decreased PA
- Increased snacking
- Decreased diet quality
- Increased ETOH
- Decreased H<sub>2</sub>O
- Emotional eating
- Decreased sleep quality





# Support provides...

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- Atmosphere of encouragement
- Alleviates concerns/worries
- Sharing resources
- Gain/clarify information
- Increases self-esteem
- Builds confidence
- Supports self-efficacy
- Community – I'm not alone





# Pandemic Pivot: How to both distance & connect?







Zoom from home



# LEAF WMC Virtual Pivot



PODS



BeLEAF



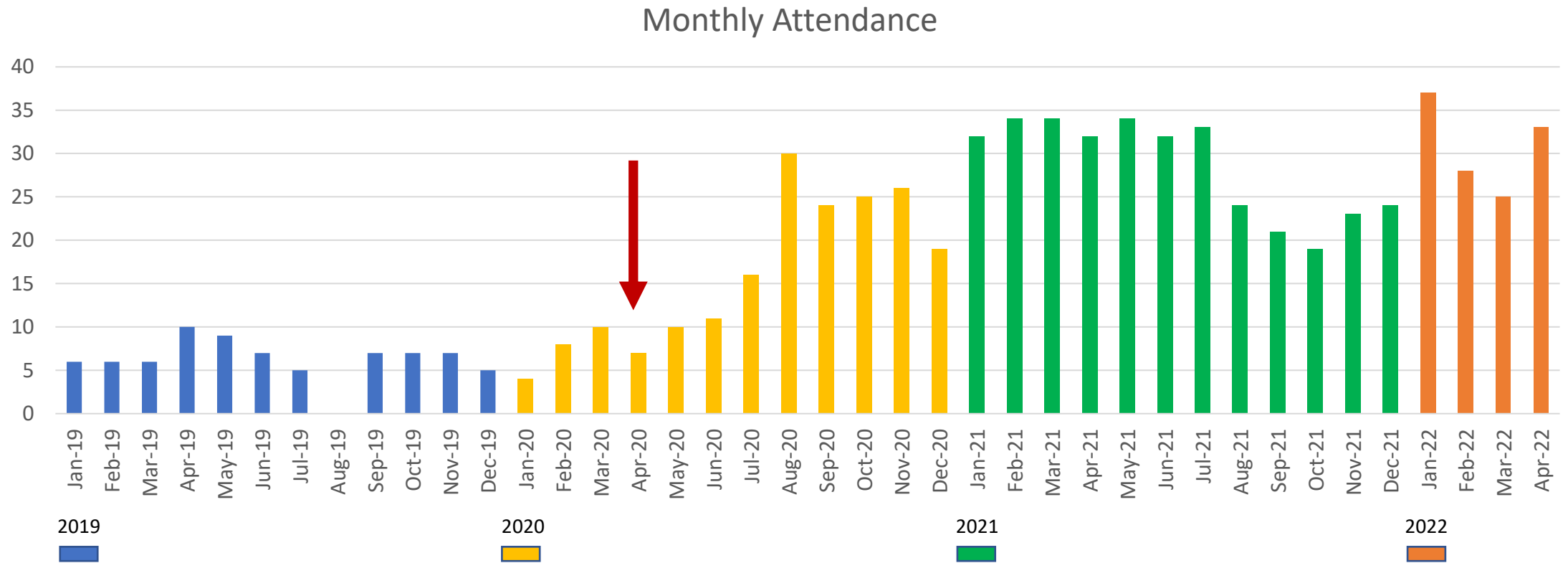
# PODS – Ongoing Support

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- Pounds Off Discussion Sessions
- Facilitated Groups
- Chatting about health, behaviour change, weight management & self-care
- Open to rostered patients at LEAF WMC
- Complementary workshop and brief physician check in



# PODS Zoom Boom



# PODS Session Outline

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- Welcome, Introduction
- Ice breaker Poll(s)
- Reflect on last session
- Topic of the month
  - Self-care/behavioural
  - Nutrition
  - Skill building – CBT/ACT activity
  - Polls for engagement
- Q&A / Open Chat
- End with a poll to gauge value of the session







# PODS Topics





Cooking Demos

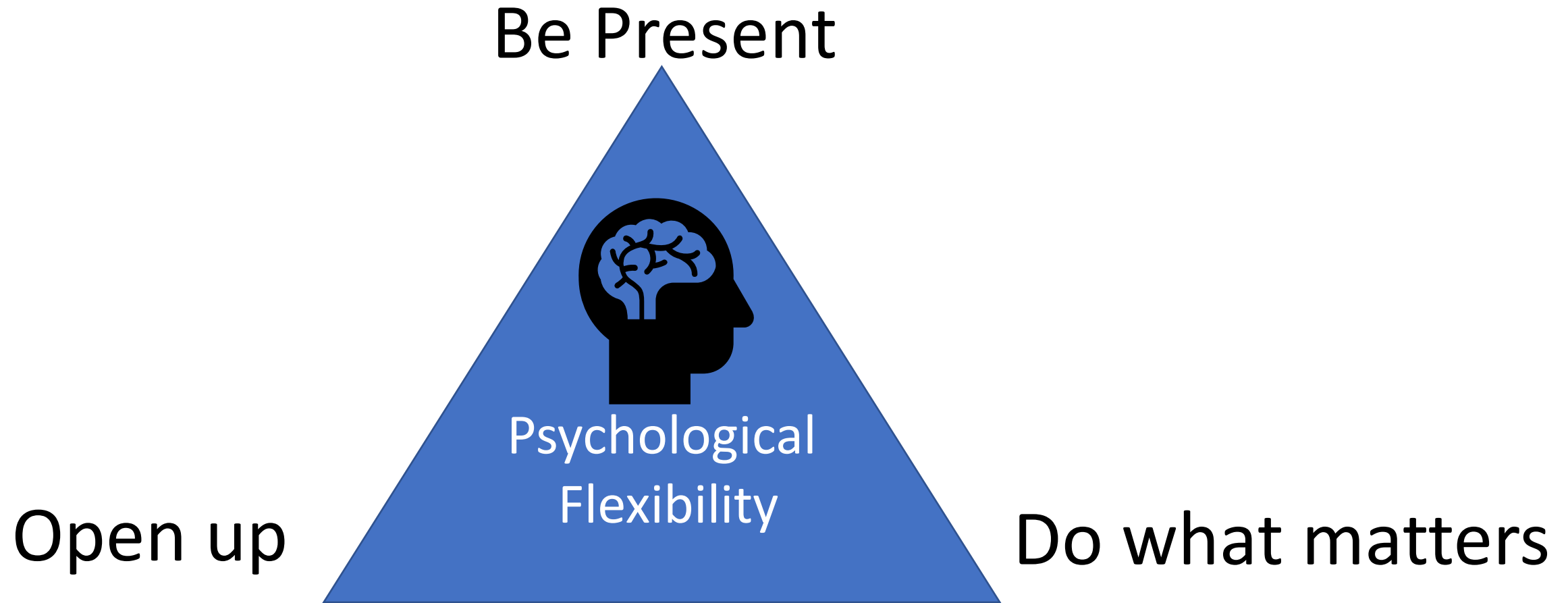




## Techniques & Ingredients




# ACT – Acceptance & Commitment Approach



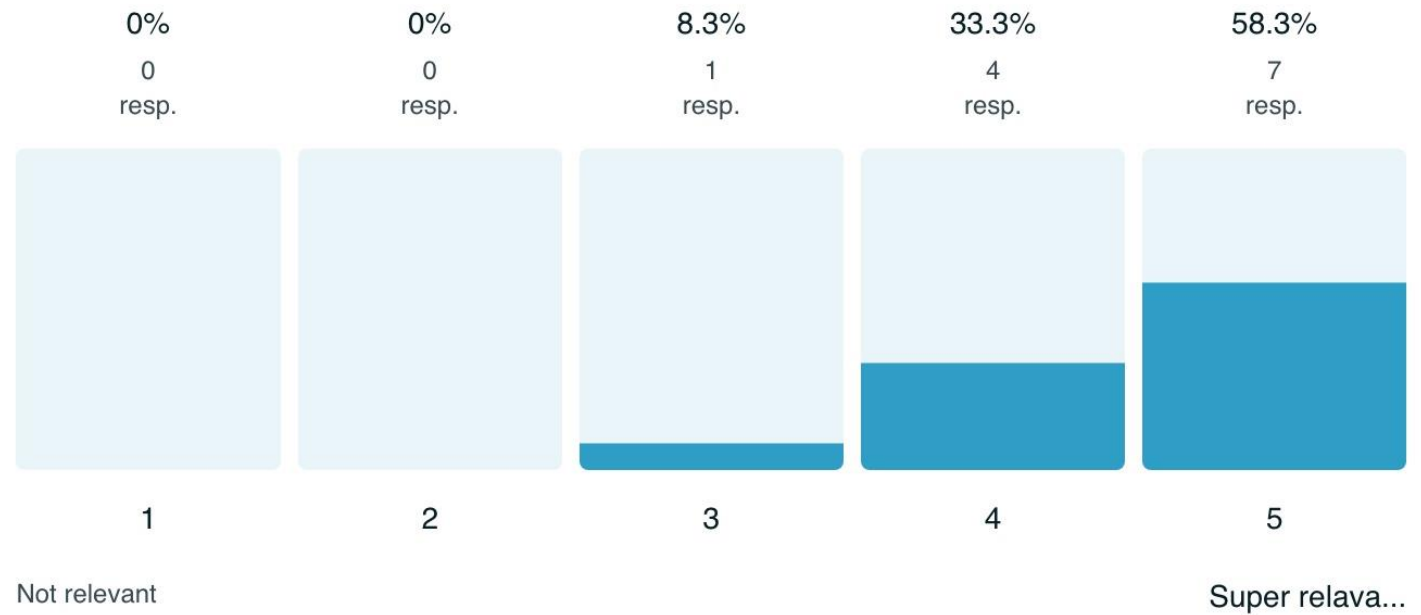
## PODS Topics

In your opinion, how relevant are the PODS topics?

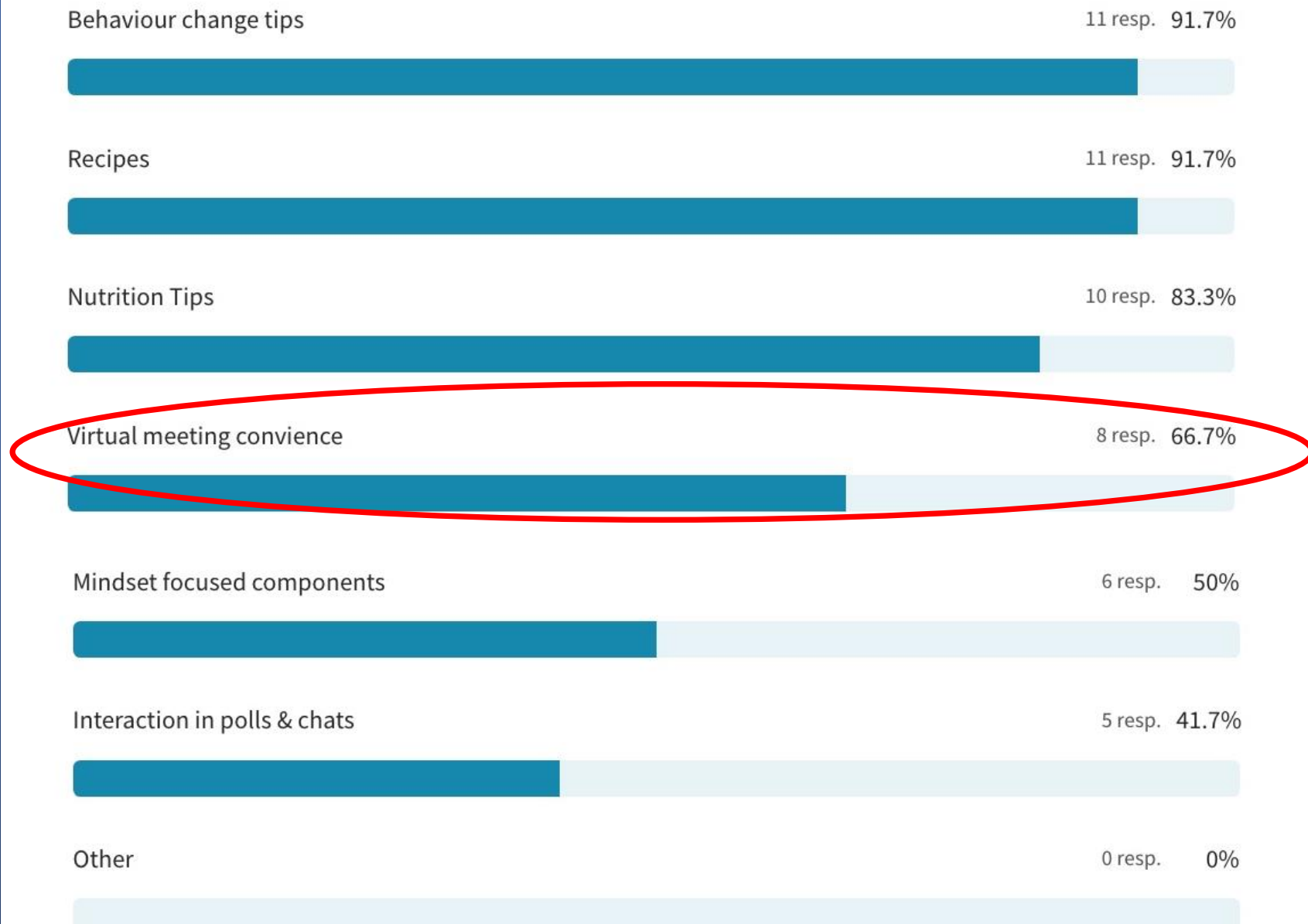
 Hide

12 out of 12 answered

4.5 Average rating



# What do you like most about PODS



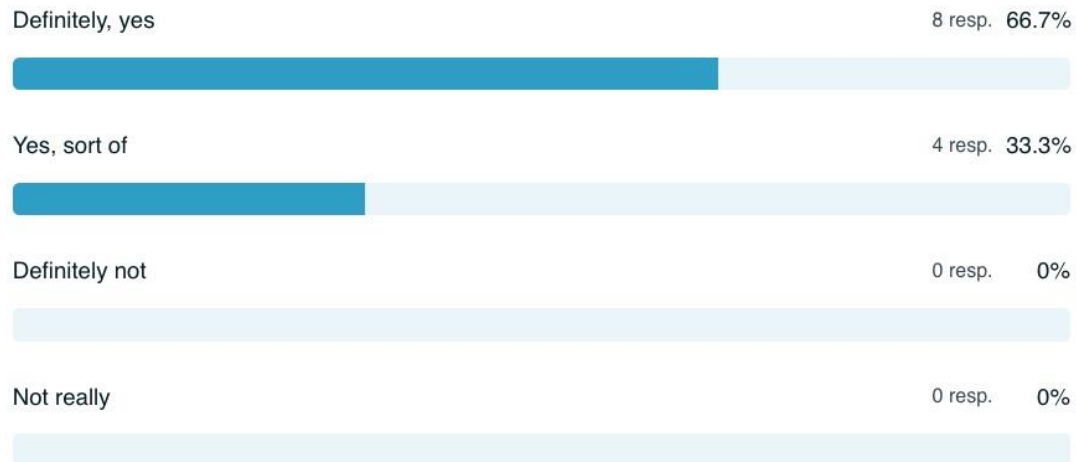


# Learn & Grow

"PODS exposed you to **new knowledge** and approaches."

👉 Do you agree?

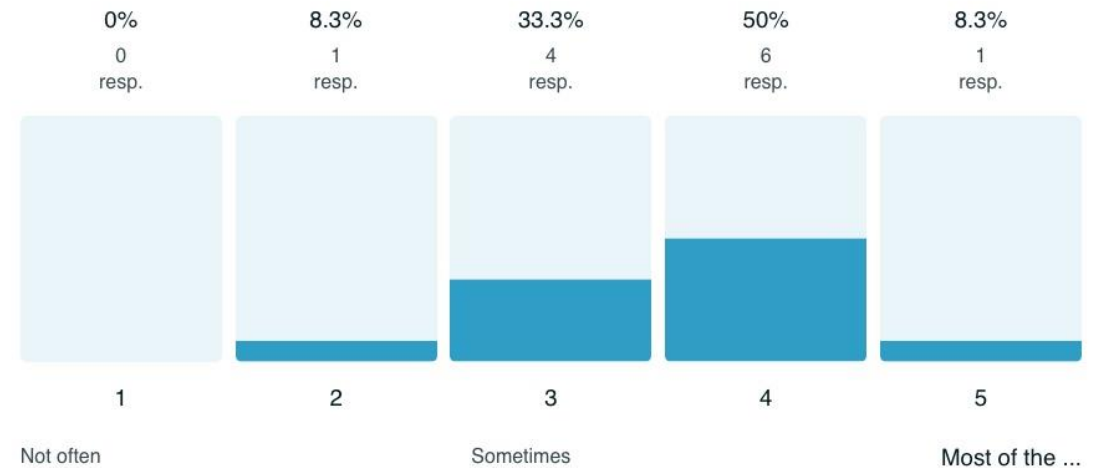
12 out of 12 answered



Do you try out some of the tips and/or recipes between sessions?

12 out of 12 answered

3.6 Average rating



PODS has  
helped me  
with...







# Do you think PODS serves as an effective support group?

12 out of 12 answered



Would you  
recommend  
PODS?



*“In many ways, PODS has provided the positive anchor I need to remain focused on my health priorities and to reflect on them without judgment or criticism. PODS also allows me to remain connected to a positive, understanding network of colleagues and peers who have also faced many similar challenges and can provide support and humour when most needed”*



# BeLEAF

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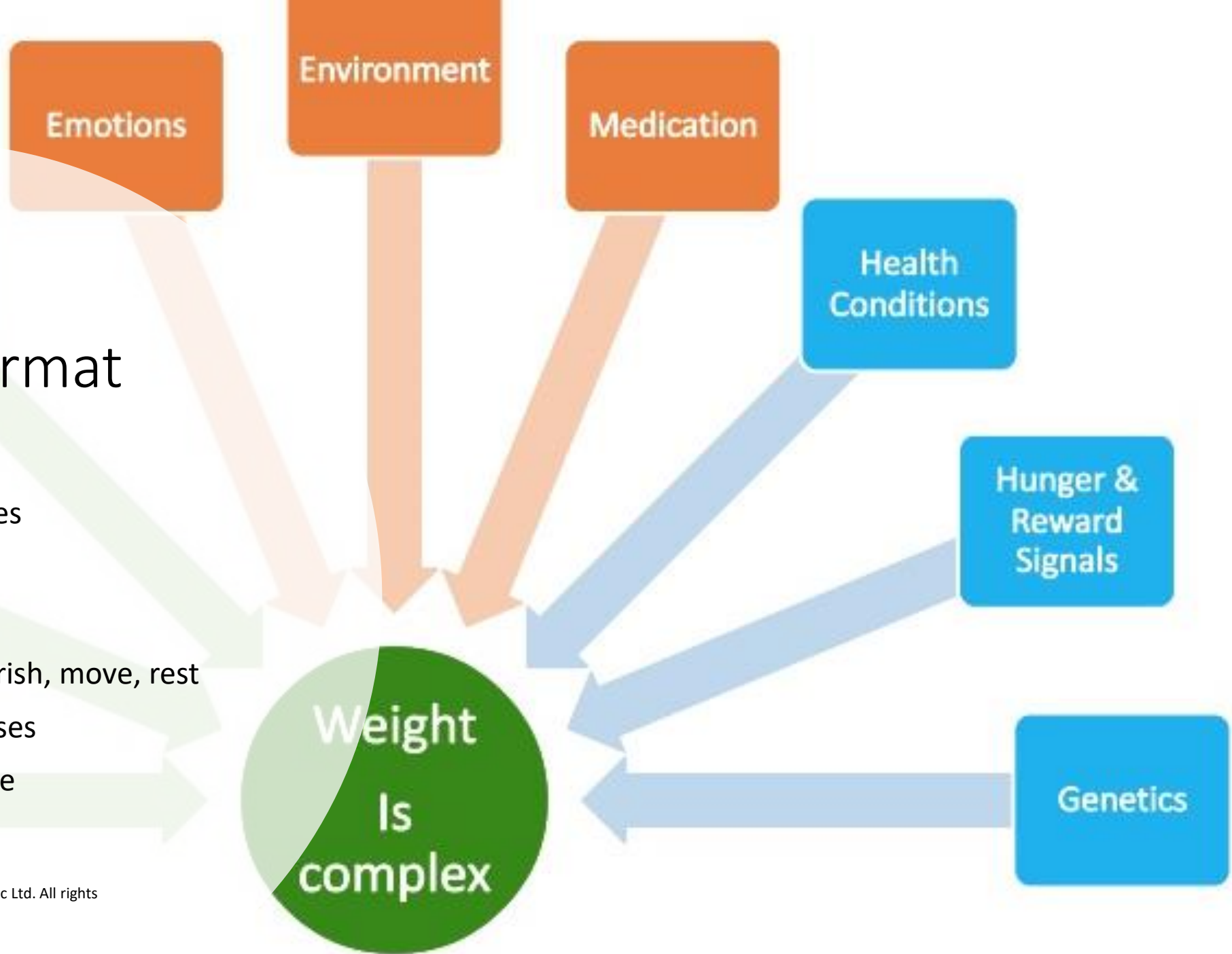
- Created in response to influx of referrals and request for 'reset'
- Clarify behavioural keys to successful weight management
- Introduce ACT based coping skills
- Raise awareness of additional LEAF programs



# BeLEAF Format

- Webinar series of 4 modules
- ~20 Participants per series
- Dietitian Facilitator
- Control what you can: nourish, move, rest
- Guided mindfulness exercises
- Activities to try out at home

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# Challenges

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- Rural limits to connectivity
- Tech Savvy of client & HCP
- Delivery of links via email
- Confirming attendance
- Facilitator connectivity
- Fostering interaction
- Managing dominant personalities



## Virtual Connections:

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Please turn on your video:

Please mute your mic

If your screen name is not your name - please enter your name in the chat & say hi!

iPad 2: Hi from Danielle

# Opportunities/Benefits

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- Improved access
- Increased attendance
- Reduced burden (time, costs)
- Accommodate a larger audience
- Increased connection with HCP
- More open, courageous in sharing sensitive info
- Sense of community and decreased loneliness







# Thank you

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“...it has been a  
major help to me”

