

Harnessing Continuing Education to Improve Patient-Centered Communication in Obesity Care

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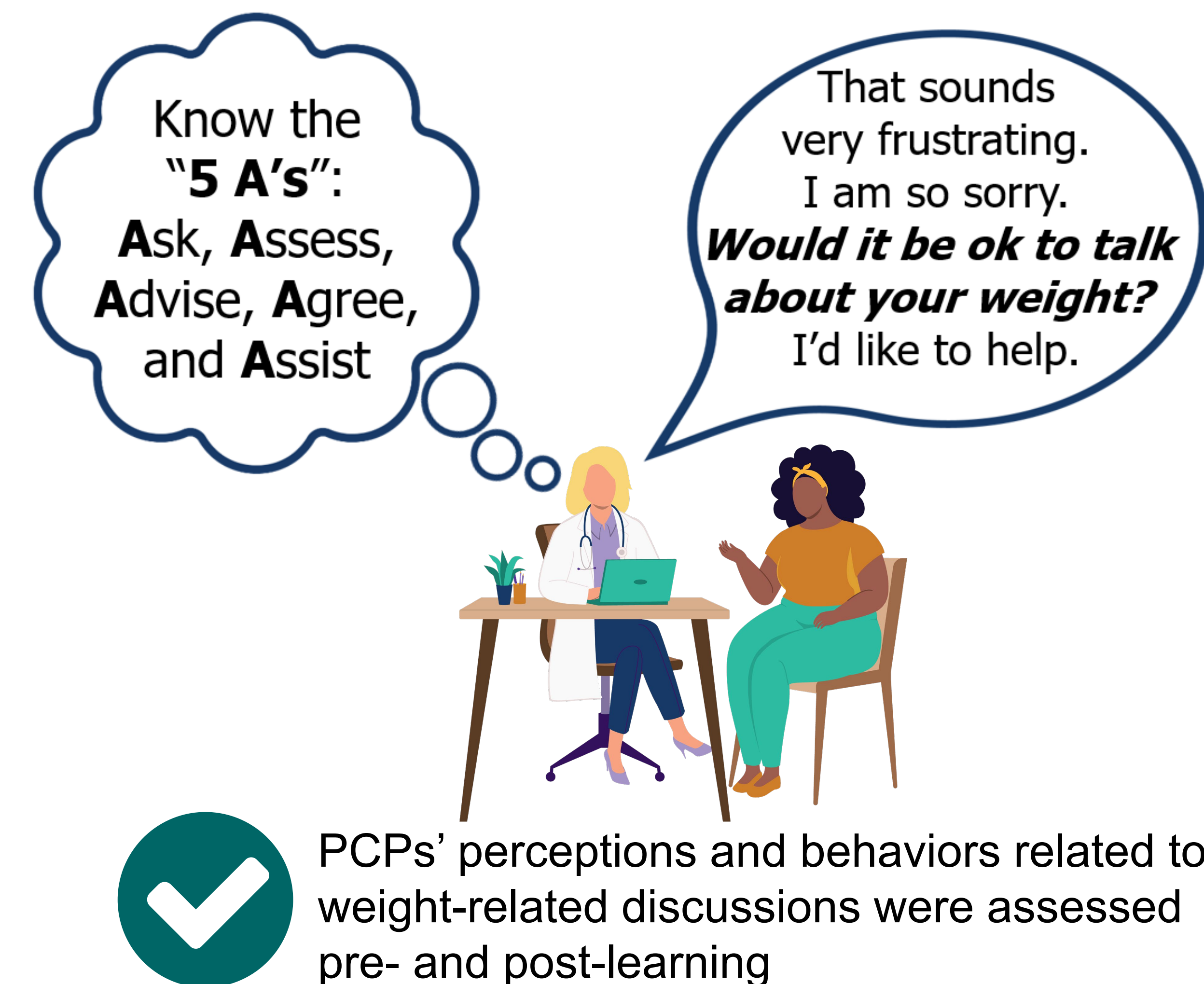
1 Background

- Primary care practitioners (PCPs) struggle to have effective conversations about weight wellness with patients with obesity, hindering successful care
- Continuing education (CE) on non-stigmatizing strategies for discussing weight with patients was designed to:

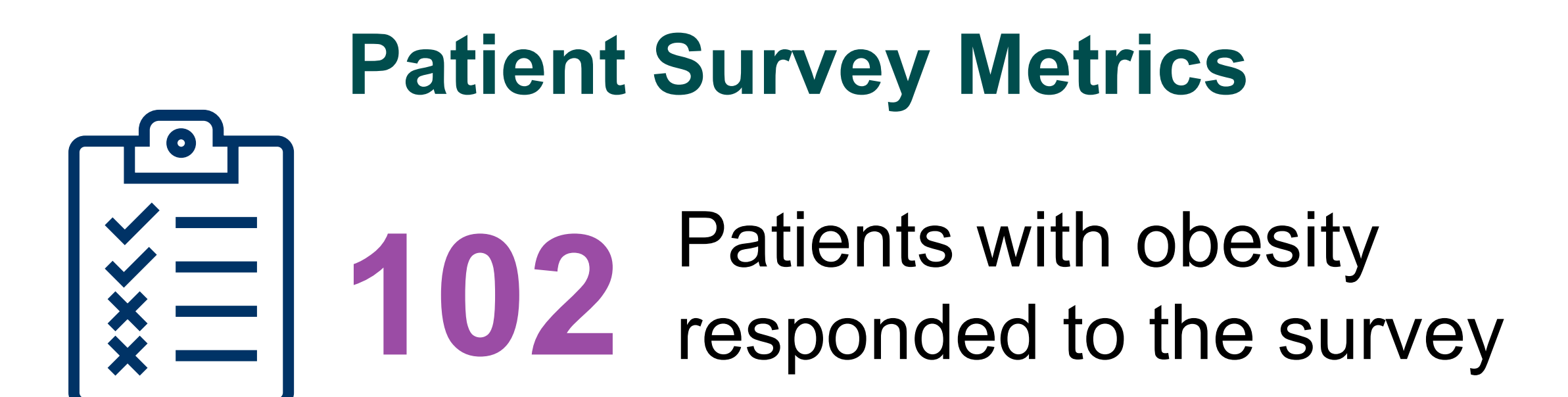


2 Methods

- A live CE symposium at ACP 2025 featuring the engaging From Information to Conversation format
- Faculty experts modeled authentic clinician-patient conversations
- Visual thought bubbles showed the PCP's clinical reasoning and patient concerns
- The patient perspective was informed by a pre-activity survey of people with obesity

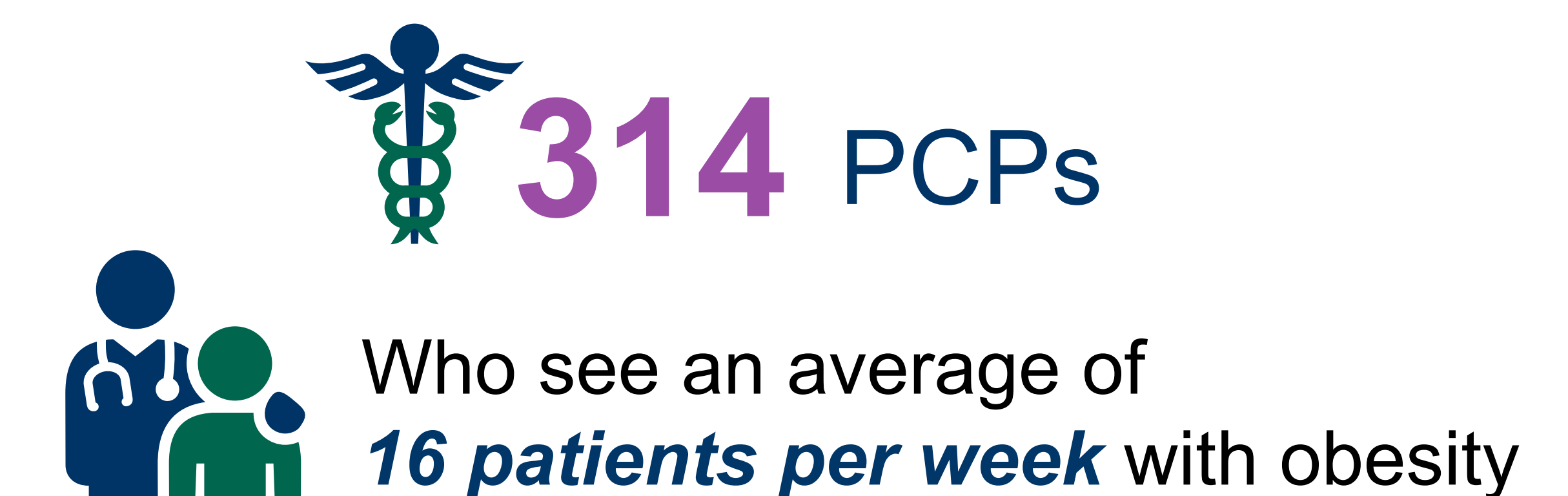


3 Reach & Demographics



Clinician Education Metrics

Complete data sets were available for:



4 Results

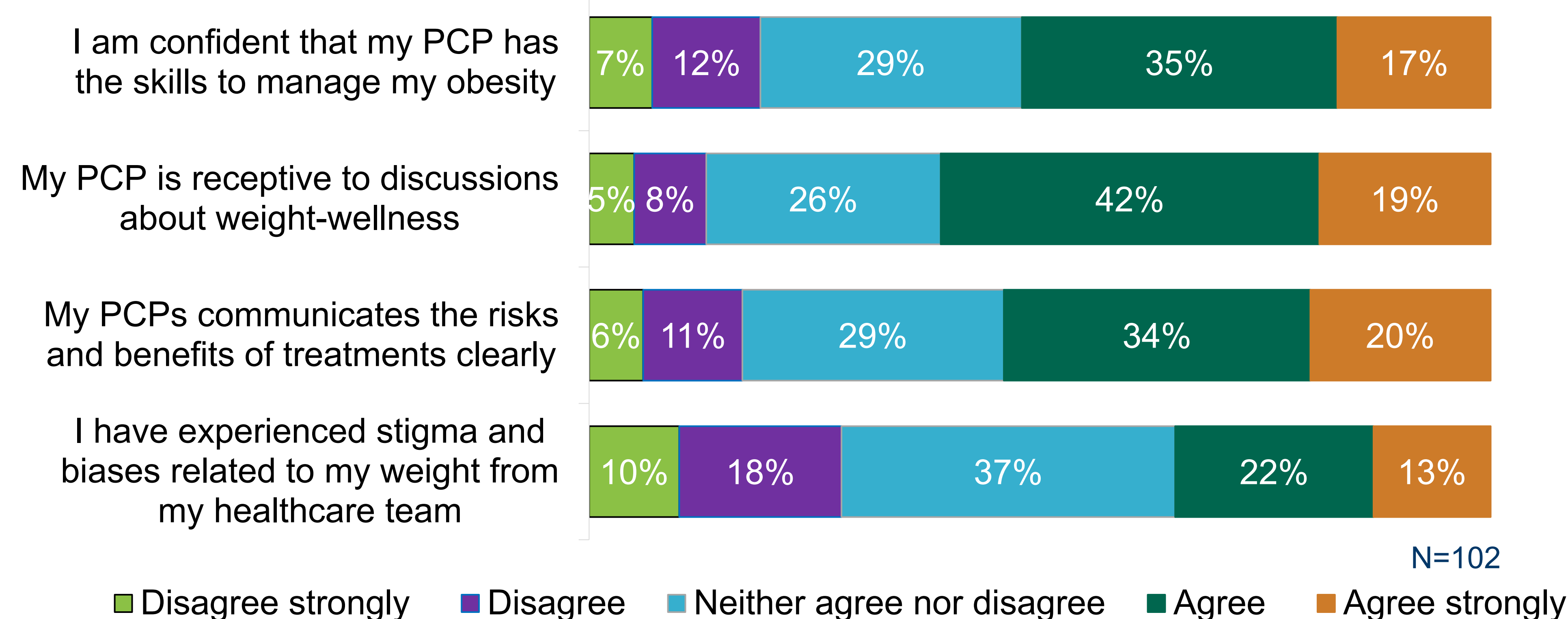
Patient Survey

Perception of Weight-Wellness Conversations

*I wish my doctor would **take my concerns more seriously** instead of just telling me to "eat less and move more." I need a personalized plan that considers my lifestyle, stress levels, and medical history.*

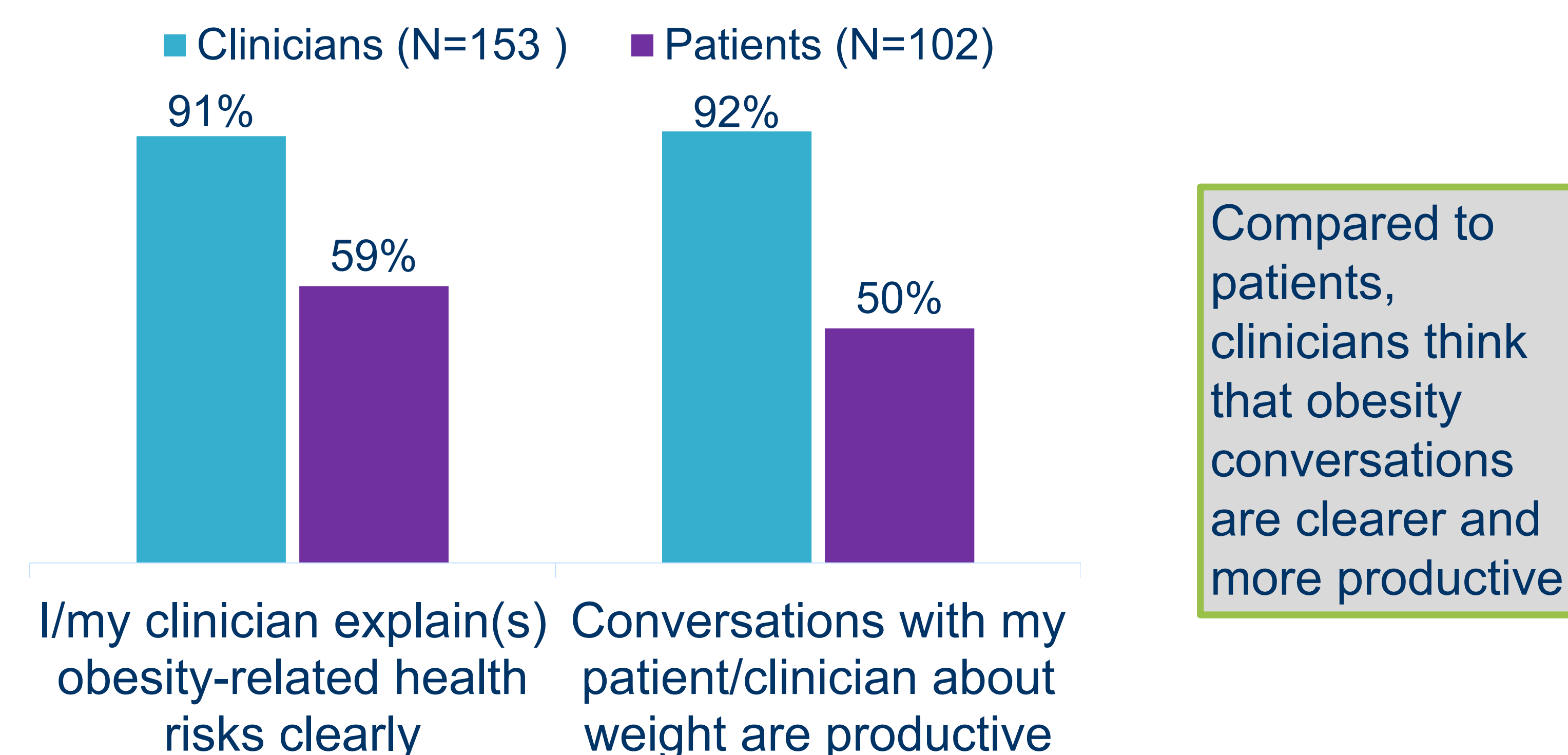
I actually have anxiety about doctor appointments because I don't like feeling the humiliation that comes from being fussed at if I haven't lost enough weight.

To what extent do you agree with the following?



- Only 52% are confident that their PCP has the skills to manage their obesity
- 61% agree that PCPs are open to weight-related conversations, 54% that treatment is explained clearly
- 35% have experienced stigma related to their obesity

Clinician vs Patient Perceptions



Clinician Education Impact and Insights



Greater awareness of patient perspectives translated to measurable improvements in communication and planned changes to practice post-learning:

93%

Could identify a non-stigmatizing way to discuss weight

75%

Plan to initiate conversations about weight with patients

70%

Intend to improve communication with patients and care teams

5 Conclusions & Future Directions

Conclusions



- Clinicians did not explain obesity as clearly as they thought they did, and weight wellness conversations were not as productive from the patient perspective
- Educating PCPs on these differences in patient vs clinician perspectives was an effective way to promote more meaningful conversations
- Notably, this approach contributed to measurable improvements in PCPs' intent to improve patient communication and initiate productive conversations about weight-related care



Future Directions



- Educational strategies that model real-world conversations and integrate clinical reasoning with patient perspectives can be used to close communication gaps and support empathetic, stigma-aware dialogue

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