

What are some of the benefits in completing the Certificate of Training in Adult Weight Management?

The following question was asked of previous program participants.

What changes have you made in your practice as a result of your participation in the certificate program?

- “The largest changes were in how I counsel patients and the motivational tools utilized to create goals with my patients based on their readiness to change. It has not changed the nutritional information I'm providing but has enhanced the method of delivery.”
- “Utilized readings/resources to provide evidence-based guidelines in weight management.”
- “Attempting to work more using MI.”
- “Switched from using Harris-Benedict to Mifflin-St. Jeor equation for estimation of energy needs on assessments, provided my clients with education about ways to manage weight (ie healthy options when ordering out).”
- “I am still considering how some changes can be made. I work in Public Health and supervise health educators (not RD's) that are providing nutrition education (not MNT). I need to determine what I can and cannot implement due to the restrictions of our funding.”
- “Able to assist clients who have had bariatric surgery better.”
- “Coaching more. Discussed materials with team (psychiatric, other dietitians, LCSW, RT, psychologist). Looking at overall picture. Showing the team the weight the client has already lost and continuously praising client for success at losing that weight and their able to maintain that weight loss. Setting realistic goals.”
- “More confident with providing weight loss advice to patients.”
- “I am more receptive to use of bariatric surgery in treatment of severe obesity.”
- “Implementation of a weight management program.”
- “Developed a weight management program for our hospital.”
- “My counseling tactics have adjusted in response to the tips I learned. Also, I reference some of the research when I'm talking with patients and using those studies as support for concepts that I'm teaching them.”
- “On-going weight management programs for 2 long term care residents, more confidence in peer groups.”
- “Recommend meal replacement more often.”
- “With my bariatric clients I realized it is more about finding what works for them long term instead of pushing the practice diet only.”
- “I was in the process of developing the nutrition component to a weight management program. The certificate program helped to guide my content.”
- “Interviewing, estimated needs and diet recommendations.”

- “Calculations of nutrition needs based on adjusted body weight or actual weight (appropriate use).”
- “Working on a workbook and RD-guided program for patients in the dialysis unit wanting to lose weight for transplant.”
- “I give more substantiated education to patients who need to lose weight.”
- “I practiced more motivational interviewing. I learned some new fun facts that I now use when giving lectures.”
- “More discussions with patients regarding realistic goals and strategies for weight loss.”
- “I provide better guidance when a client has an unrealistic weight goal. I feel I can counsel those in menopause more effectively.”
- “Utilize additional evidence-based practice recommendations such as meal replacement use for weight loss.”
- “Better written PES Statements.”
- “Better exercise tips while counseling.”
- “Trust more in meal replacements if appropriate to certain patients.”
- “More emphasis on realistic weight loss goals. More emphasis on self monitoring. more emphasis on activity for wt maintenance.”
- “Encourage clients to consult with a nutritionist/dietitian more frequently.”
- “Motivational interviewing techniques.”
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- “Using different approaches and using MI more frequently/effectively; letting the client set own goals.”
- “New behavior modification techniques.”
- “Incorporated more behavioral strategies (ie, Motivational Interviewing).”
- “Incorporated employee wellness groups and used info in nutrition classes that I teach.”
- “More emphasis on exercise.”
- “Improved my NCP charting.”
- “More recent research to support recommendations.”
- “What I suggest when counseling. Being able to describe the best techniques for wt loss and also being able to explain bariatric surgery options.”
- “Educated co-worker on the importance of MI. Currently apply more of MI.”
- “Greater focus on individual weight management counseling.”
- “MI skills and info on up to date research.”
- “Concentration on survival of breast cancer patients with high BMI.”
- “Include weight plateau/regain in my discussion and planning.”
- “More often mention option of bariatric surgery as simply a "tool in the toolbox" for those who qualify; have integrated physical activity goal setting more-so; have joined practice group to keep up-to-date.”
- “I am not directly involved in clinical dietetics so only some knowledge is incorporated into my corporate wellness programs.”