

Background and Significance

Obesity is an epidemic in the United States and worldwide. In the United States, 35% of adults are considered obese and 20-30% of the population is estimated to have non-alcoholic fatty liver disease (NAFLD) as a result of obesity. The literature shows lifestyle modifications for weight loss as the accepted standard of care. The assumption in this study was the participants expressed the desire be healthy and make positive changes in their life. Change theory considers the motivation for change during various stages. Motivational interviewing addresses the process of guiding participants through change.

Purpose

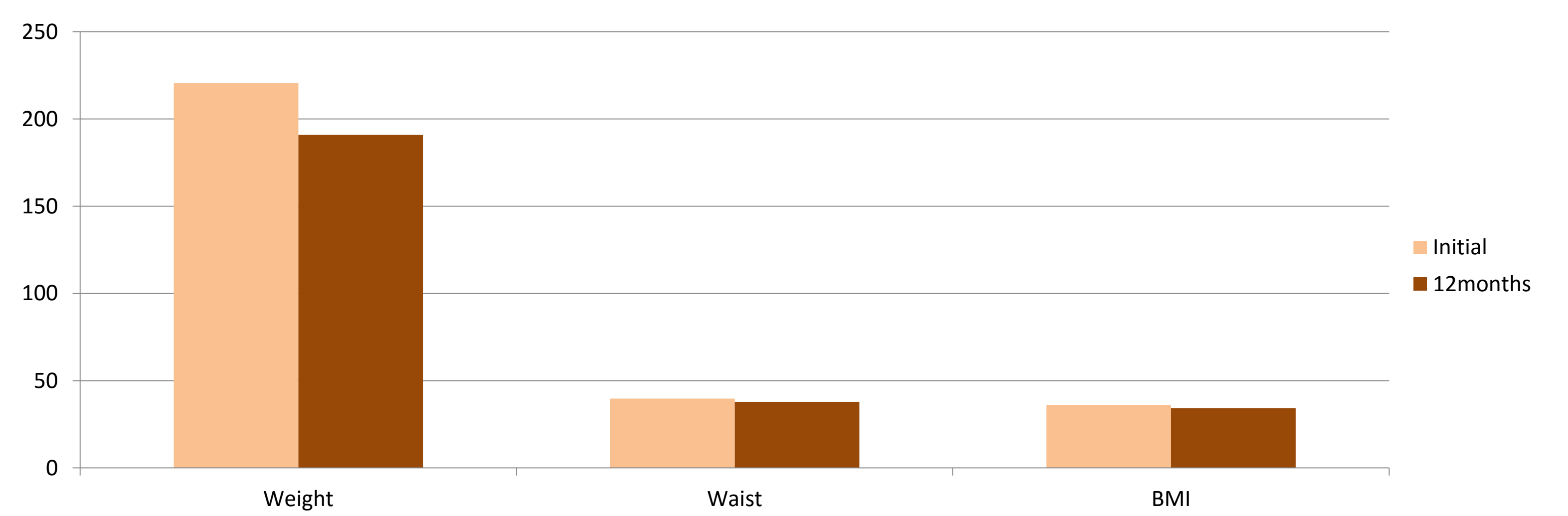
Evaluate the use of change theory principles incorporating motivational interviewing on weight loss in obese clients.

Methodology

This was a retrospective analysis of data from self-selected obese participants from May 2015 to June 2016. A total of 34 clients met the inclusion criteria of BMI greater than 30 and less than or equal to 40. Routine lab tests of liver function tests, CBC, lipid panel, and a Fibroscan[®] to evaluate liver stiffness were performed at baseline, 6 months, and 12 months. The Nurse Practitioner saw the client every 3 months or more frequently as the client requested or condition of health warranted. Nutritional counseling was provided individually with a Registered Dietician for 30 minutes monthly. Exercise was also encouraged. Both providers utilized motivational interviewing to assist the client to achieve their weight loss goals. Categorical variables were analyzed with descriptive statistics and paired t-tests to evaluate changes in BMI, weight, ALT AST, and liver stiffness..

Results

Gender	Males	Females
N=34	n=2	n=32
AGE (mean)	35 years	47 years



All 3 parameters showed improvement toward weight loss goals.

Themes which emerged

- The importance of a nutritionist guide how to eat better
- How to say no
- Tools to continue forward.
- Dietician
- Met monthly with participants and discussed their diet.
- Adapted diet to their food choices based on culture, and lifestyle.
- Ways to include exercise throughout the day.

Suggestions for improvement

- Weekly weights to increase accountability
- A walking program for support

Conclusions

Lifestyle modification has been repeatedly shown to achieve modest long-term weight loss. Obesity can be moderated or controlled by “behavior change”. However, changing a client’s dietary habits is daunting. Motivational interviewing principles have been successfully used within clinical settings, having a profound potential impact on cardiovascular disease, diabetes, and hypertension.

Contact information

Dr. Anna Marie Hefner, PhD, CPNP
Azusa Pacific University ahefner@apu.edu