Assess patient factors

- Pregnant or breastfeeding
  - Wt. loss not usually recommended

- <18 years of age

Medical History

- Endocrine, genetic or eating disorder
  - Untreated anxiety, depression
  - Malabsorption syndrome
  - Cholestasis

Medication History

- Drugs potentially contributing to obesity: corticosteroids, antipsychotics, antidepressants, antiepileptics, etc.
  - Are there appropriate therapeutic alternatives not associated with weight gain?

Assess signs & symptoms

- BMI ≥ 27kg/m^2 + risk factors or BMI ≥ 30kg/m^2
  - Waist circumference > 88 cm female; > 102 cm male
  - Comorbidities such as CVD, T2DM, HTN

Nonpharmacologic measures

(Referral/consultation with dietitian +/− exercise specialist) + orlistat prescription

- Tolerating - continue orlistat
- Follow-up in 2 weeks
- Not tolerating - d/c orlistat and refer

- Weight loss ≥ 5% of body weight, Continue orlistat
- Follow up in 3 months
- Weight loss target not met.
  - D/C orlistat and refer

Previous assessment by nurse practitioner, doctor

≥ 6 month trial of lifestyle modification

Refer

BMI – body mass index; CVD – cardiovascular disease; T2DM – Type 2 diabetes mellitus; HTN – hypertension