

Rethink Obesity®

LONG-TERM MANAGEMENT

Supporting your patients in the long-term



Both long-term follow-up and continuity of care are integral components of obesity management. As with many other aspects of care in this area, the level of support you offer each patient should be tailored to your patient’s circumstances.¹

There are no hard and fast rules about how frequently you should see your patient at any stage of their weight loss journey. It can be useful to start by considering the following factors.

Questions to consider when appointment planning

What schedule will help create the greatest chance of success for this patient?

What schedule will help prevent weight relapse?

What are the costs to my patient – financial and time wise – of the schedule I am considering?

When you have assessed the likely needs of your patient you should discuss your ideas with them, and together plan an appropriate schedule.

Indicative obesity management schedule

| | | |
|-------------|--|---|
| Fortnightly | | 3 months Evaluate need for appointment frequency |
| Monthly | | 3 months Evaluate need for appointment frequency |
| 3-monthly | | → Indefinitely |

Your patient’s weight loss is unlikely to be regular or linear. Therefore, any appointment schedule should be considered a guide, and be sufficiently flexible to respond to plateaus, setbacks or other roadblocks your patient may encounter. As you gain an understanding of each patient’s habits and motivations you will be better able to predict when you may need to increase or decrease the frequency of appointments.

Reference: 1. Markovic TP, et al. *Obes Res Clin Prac* 2022;16:353–63.
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