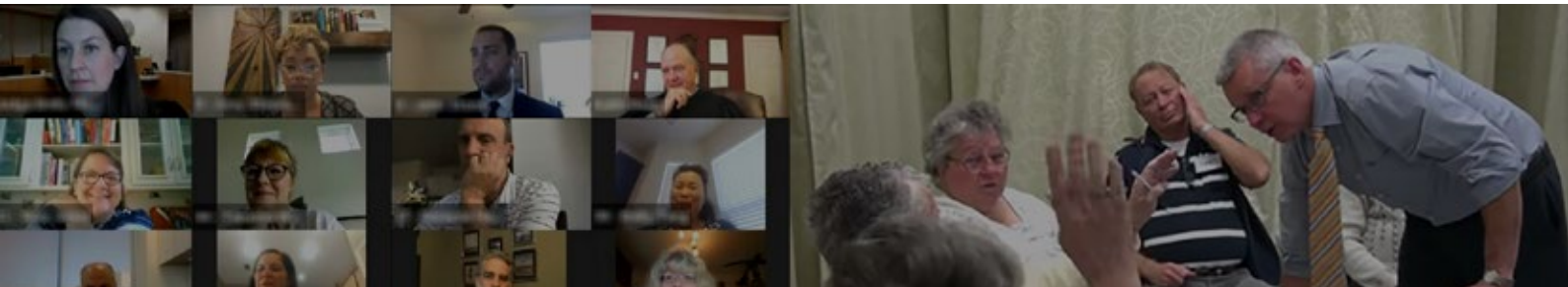




LIFESTYLE MEDICINESOCIETY



Programmed Shared Medical Appointments in Weight Management for Women and Men



The pSMA Strategy

Programmed Shared Medical Appointments in Weight Management (pSMA:WM) are a practice revolution. pSMA:WM allows you to consult in your own practice virtually (as telehealth) or face to face in person, with 8-12 patients sequentially, over an extended period of time and also deliver a facilitated, 6 session lifestyle program (developed by recognisable experts and endorsed by the Australasian Society of Lifestyle Medicine ASLM) that is aimed at improving health and managing weight. pSMA:WM offer patients peer support, extended time with you and your team as well as improved health and weight self-management outcomes.

PSMA:WM offers you a novel way to practise that, is not only very satisfying professionally, but also improves outcomes and efficiencies (pSMAs can be financially self- sustaining).

PSMA in Weight Management is a turn-key package. We supply staff training (with online or face to face options), the license and resources kit to run the facilitated patient program in your practice.

The Offer

Buy a license (depending on the size of your practice) from \$3,000 (+GST). This includes:

- Access to the program & online resources for your practice & patients for 2 years
- An online whole-of-practice orientation session
- An online training program in SMA facilitation if required
- An online workshop training in the VpSMA:Weight Management for GPs & Facilitators

Plus: On going support from the pSMA team **And:** Training and Orientation can be customised to meet your needs

You Can Act Now

If you are sending overweight and obese patients home from your practice without an effective plan and if you are frustrated by current consulting constraints then you could be enjoying pSMA and VpSMA in Weight Management with your patients within the next month. Call 0428 288 526 or email us john@lifestylemedicine.org.au now to find out more.



VISIT: <https://bit.ly/PSMAWM>



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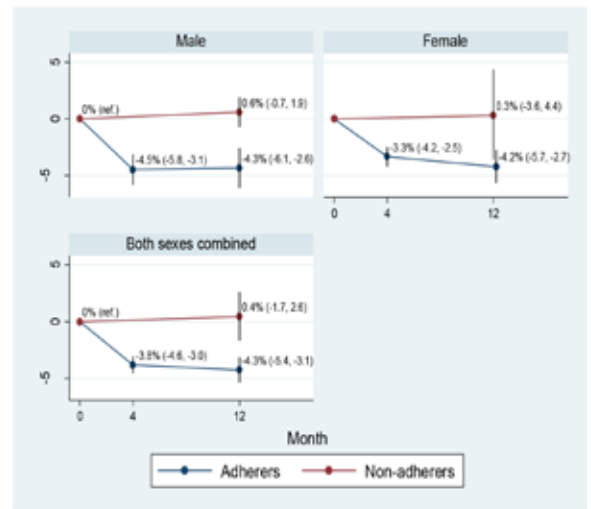


The Evidence

pSMA: Weight Management Research Outcome Summary

Programmed Shared Medical Appointments (pSMAs) for weight management in primary care:
A proof of concept intervention study¹.

- 76% Finished**
Of 216 participants starting the program, 166 (76.8%), completed at least 4 of 6 sessions (hereafter called 'adherers'. Non adherers were used as a control.)
- 80% Lost Some Weight**
80% of adherers lost some weight, on average 3.2% of body mass at 12 months (95% confidence interval [CI]: 2.2,4.3; $P < 0.001$), compared to no change with non-adherers
- 46% Men
35% Women
Lost Sig weight for 12 months**
Clinically significant weight losses of >5% body weight were achieved by 46% of male adherers (95% CI [33.1,58.5]) and 35% of female adherers (95%CI) and maintained at 12 months post program.
- Culturally Safe**
Results from 25 Aboriginal women suggest pSMA:WM is culturally safe, accessible and effective.



1. Egger G, Steven J, Egger S, Volker N. Programmed Shared Medical Appointments (pSMAs) for weight management in primary care: A proof of concept intervention study. Aust Journal of General Practice 2019 Vol 48, No 10, 681-688.



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