



POSTER PRESENTATIONS

HEALTH SYSTEMS / CARE

PP-HS-01

EDMONTON OBESITY STAGING SYSTEM IMPLEMENTATION AND EFFECTIVENESS IN AN AUSTRALIAN MULTIDISCIPLINARY WEIGHT MANAGEMENT CLINIC OVER A TWO-YEAR PERIOD

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INTRODUCTION

Multidisciplinary weight management clinics (MWMC) are being established globally to manage the ever-growing obesity epidemic. However, among Australian MWMC, there is a relative paucity of published clinical outcomes, particularly on assessing holistic patient outcomes. The Edmonton Obesity Staging System (EOSS) provides a framework based on metabolic, anthropometric and psychological factors for holistic obesity management, based on a 5-class scale [0-4 (highest-risk class)]. The EOSS has greater health and mortality predictability than traditional BMI or metabolic syndrome measures.

To evaluate the implementation and changes in patient outcomes based on an EOSS model in an Australian university hospital-based MWMC.

METHODOLOGY

A retrospective review of a cohort of patients (n=76) from the Healthy Weight Clinic, Sydney, over at least 2-year period of regular (<6 monthly) consults. All patients received intervention from at least an endocrinologist, dietitian and exercise physiologist.

RESULTS

Mean baseline EOSS class was 1.56 (SD 0.84) and after 24 months mean EOSS class statistically improved to 1.05 (SD 0.88) (P<0.05). Baseline mean BMI was 38.0 kg/m² (SD 7.1) and mean BMI at last follow-up was 33.4 kg/m² (SD 6.4), also statistically significant (P<0.05). All features of the EOSS scale, namely, anthropometric data, deranged liver function tests, dyslipidaemia and prediabetes state showed clinically significant reductions towards normal levels. Almost three quarters of our patients (72%) dropped reduced at least one EOSS class.

CONCLUSION

Care from MWMC can produce significant reductions in EOSS classes, leading to improved patient outcomes across multiple comorbidities over 2 years. Future studies should compare this framework across Australian MWMC, to establish a standardised approach to biopsychosocial obesity management.

PP-HS-02

BETTER METABOLIC OUTCOMES DELIVERED THROUGH A LIFESTYLE CARE PROGRAM IN PWD – EVIDENCE OF RETROSPECTIVE PILOT STUDY FROM URBAN INDIA

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OBJECTIVES

To assess the effect of a novel, personalized virtual diabetes care program, OneCare “IMPACT” program, on metabolic outcomes in PWD, among an urban south Indian cohort.

METHODOLOGY

A single-arm, retrospective, proof-of-concept study in PWD who enrolled in a 12-week virtual care program tailored to support diabetes self-management through personalized lifestyle education. The health coach remotely monitored patients through weekly scheduled calls to track progress. The patient's data, recorded by the coach, including HbA1c, weight, medications, and program engagement were used for the analysis.





RESULTS

A total of 41 patients with complete data were included for analysis. The mean age of the participants was 44.2 (\pm 12) years, 76% were male, median diabetes duration (years) of 1.3 (0.1–20), baseline HbA1c (%) of 9.5 (\pm 2.3), weight (kgs) of 74.6 (\pm 13.5). Decline in HbA1c (%) was 0.3 (SD 0.4, p <.001) with moderate effect size ($d=0.53$). HbA1c <7% was achieved in 54% while the clinician-decided target HbA1c was met in 61%. Mean weight (kgs) change was 2.5 (SD 2.7, p <.001) with large effect size ($d=0.92$). A significant short-term reduction in weight of $\geq 5\%$ was achieved in 32% of patients. Majority (87%) had reduction in or continued same dose of diabetic medication at 12 weeks. The mean attendance was 83.6% and engagement fairly correlated with weight reduction, (-0.24 , $p=0.1$) but not with decreasing HbA1c.

CONCLUSION

Clinically meaningful metabolic outcomes were achieved through the program with a high level of patient engagement in an urban Indian cohort. The study encourages well-designed RCT to confirm the effectiveness of the program.

PP-HS-03

COVID-19 LOCKDOWNS AND TELEHEALTH CONSULTATION IN WEIGHT MANAGEMENT OF PATIENTS ATTENDING THE HEALTHY WEIGHT CLINIC AT MACQUARIE UNIVERSITY HOSPITAL

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OBJECTIVES

Emerging literature suggests that the general Australian adult population experienced weight gain during the COVID-19 period. The primary aim of this study was to quantify changes to weight and body composition in an Australian Healthy Weight Clinic (HWC) over the COVID-19 period. Our secondary aim was to explore how lifestyle factors during periods of lockdown influenced anthropometric outcomes.

METHODOLOGY

The study period spanned December 2019 – December 2021. This period included two government-mandated lockdowns in March-June 2020 and June-September 2021. A retrospective chart review was conducted to extract weight and BMI outcomes from electronic patient records, while fat mass and skeletal muscle mass outcomes were extracted using SOZO bioimpedance spectroscopy. All outcomes were measured at three-month intervals. A patient survey based on current literature exploring lifestyle factors including eating and exercise, sources of stress and use of telehealth consultations was emailed to all currently enrolled clinic patients.

RESULTS

A total of 51 respondents were included in the quantitative arm and 229 survey responses were recorded. Weight decrease was linear and significant ($p<0.001$) throughout the study period for the overall group. Average weight loss across the group was 15.7 kg (SD = 4.1 kg). No gender difference was observed. Fat mass % decrease followed a quadratic pattern ($p=0.05$). Among the most significant lifestyle factors were snacking, reduction in commute time and at-home childcare. Majority (65%) of participants who answered the questionnaire in full reported that telehealth consultations were useful in keeping them on track with prescribed diet and exercise regimes.

CONCLUSION

Despite disruptions to lifestyle and in-person consultation, it appears that the implementation of telehealth appointments across our clinical services has been effective in assisting weight management at the clinical level. The efficacy of these services beyond the context of stay-at-home orders is promising and warrants further investigation.