

services are legally required to educate health care workers in primary care. However, this education is not further specified, nor are there specifications on how this should be done. Further, financial and time resources have not been reserved for this purpose. Education in municipalities is therefore haphazard and often a result of initiatives from those requesting support.

Implications for practice

Based on what was learned from this pilot study, we revised the educational training programme. To implement the revised programme in other municipalities we recommend five sessions (Appendix 1: available via EDN online at www.onlinelibrary.wiley.com); and, in addition, one follow-up session held locally with participants from several municipalities who have previously participated in such a programme. The revised programme needs to be evaluated in a larger sample to assess the effects on the quality of care. Further, using online learning applications primarily intended to supplement face-to-face instruction resources and web-based technology is an option.

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Declaration of interests

There are no conflicts of interest declared.

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Book review

Weight management: a practitioner's guide



By Dympna Pearson and Clare Grace
Published by Wiley-Blackwell, 2012
296 pages, price £39.99
ISBN: 978 1 4051 8559 2
Website: www.wiley.com

This book covers not only the causes, consequences and treatments of obesity but also provides practical ways of patients to make lifestyle changes. Although many of our patients have a heightened awareness of weight management diet and activity advice, they struggle to implement

lifestyle changes to promote and/or maintain weight loss. This book guides you to help them identify barriers to change. It focuses on a patient-centred approach and has clinical and reflective scenarios to work through. These enable you to reflect on and question your own practice as

well as look at your own beliefs about obesity and the impact this may have on the care you provide. The chapters guide you throughout your patient's journey, from the initial consultation, dealing with setbacks right through to weight maintenance. The book has helpful tips and works through numerous misconceptions that many of our patients hold. It is easy to read with key messages highlighted.

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