

Food as Medicine: Fertility and Pregnancy

- Scenario B: Consultation analysis**

	Content (What was said)	Approach (How it was said)	Environment (Where it was said)	Communication aids (What helped to say it)
Initiation of conversation	Patient is welcomed into the consultation <input type="checkbox"/> Y <input type="checkbox"/> N	Health professional seeks to build rapport with the patient <input type="checkbox"/> Y <input type="checkbox"/> N	The room appears warm and inviting <input type="checkbox"/> Y <input type="checkbox"/> N	
	Permission to discuss weight management is sought <input type="checkbox"/> Y <input type="checkbox"/> N	Health professional makes eye contact with the patient <input type="checkbox"/> Y <input type="checkbox"/> N	No physical barriers exist between health professional and patient <input type="checkbox"/> Y <input type="checkbox"/> N	
Information exchange	Health professional asks open-ended questions <input type="checkbox"/> Y <input type="checkbox"/> N	Health professional seeks to build trust by using active listening <input type="checkbox"/> Y <input type="checkbox"/> N	Patient is able to sit comfortably <input type="checkbox"/> Y <input type="checkbox"/> N	Health professional uses visual aids to communicate key messages <input type="checkbox"/> Y <input type="checkbox"/> N
	Health professional seeks deeper understanding of weight history <input type="checkbox"/> Y <input type="checkbox"/> N	Health professional is not judgemental or condescending <input type="checkbox"/> Y <input type="checkbox"/> N	There are no distractions impacting the consult (e.g. computer, phone) <input type="checkbox"/> Y <input type="checkbox"/> N	Health professional measures patient weight during consult <input type="checkbox"/> Y <input type="checkbox"/> N
Information retention	Patient is given <3 pieces of advice <input type="checkbox"/> Y <input type="checkbox"/> N	Health professional speaks clearly and lets patient to process advice <input type="checkbox"/> Y <input type="checkbox"/> N	Timing of consult is appropriate (not too long and not too short) <input type="checkbox"/> Y <input type="checkbox"/> N	Resources are provided to support any general advice given <input type="checkbox"/> Y <input type="checkbox"/> N
	Patient is able to re-state the advice given <input type="checkbox"/> Y <input type="checkbox"/> N	Patient has an opportunity to clarify any misunderstandings <input type="checkbox"/> Y <input type="checkbox"/> N		Resources are provided to support any weight management advice <input type="checkbox"/> Y <input type="checkbox"/> N