

## 2014 AAHA Weight Management Guidelines for Dogs and Cats

Hospital name: \_\_\_\_\_

Date created/updated: \_\_\_\_\_ Implementation date: \_\_\_\_\_ Next review/update: \_\_\_\_\_

### PLANNING

AAHA guidelines referenced:

*2014 AAHA Weight Management Guidelines for Dogs and Cats*

*2010 AAHA Nutritional Assessment Guidelines for Dogs and Cats*

**Purpose:** What is the purpose of this weight management protocol, and how does it further your practice mission vision?

**Supervisor/point person:** Who is responsible for managing implementation of this protocol? \_\_\_\_\_

**Team member(s):** Who is responsible for carrying out this protocol? \_\_\_\_\_  
(For help filling out this section, see *Staff Roles and Responsibilities* on page 20.)

**Training:** Based on each team member's roles and responsibilities...

Who will be trained and on what topics (e.g., communication, client coaching, weight management)?

How often will training be delivered? When will it be delivered? \_\_\_\_\_

Who will perform the training? Where will it be delivered? \_\_\_\_\_

Complete this step easily with a simple chart at the AAHA Download Center: [aahanet.org/library/Weight\\_Management\\_Download\\_Center.aspx](http://aahanet.org/library/Weight_Management_Download_Center.aspx)

### IMPLEMENTATION

**Workflow:** Based on the AAHA guidelines referred to above, what weight management services will you provide?

What processes and tasks will you use to implement this protocol?

The following resources can help answer these questions:

*Algorithm, page 17; Staff Roles and Responsibilities, page 20; Model Task Checklists on pages 18–19*

You can download the algorithm and checklists from the AAHA Download Center: [aahanet.org/library/Weight\\_Management\\_Download\\_Center.aspx](http://aahanet.org/library/Weight_Management_Download_Center.aspx)

**Medical record:** How will each pet's weight management plan be recorded? \_\_\_\_\_

Who will be responsible for recording it? \_\_\_\_\_

How will each pet's weight be monitored and recorded? \_\_\_\_\_

Who will be responsible for recording it? \_\_\_\_\_

How often will notations be made? \_\_\_\_\_

**Client communication:** Who is responsible for communicating with the client during and between weigh-ins?

**Inventory and supplies:** What items need to be kept in stock, in what quantities? \_\_\_\_\_

Consider some of the following:

Diets \_\_\_\_\_

Supplies and equipment \_\_\_\_\_

Scales for small and larger pets \_\_\_\_\_

What is the maintenance and monitoring schedule for your scales? \_\_\_\_\_

Will items promoting physical activity or food dispensing toys be sold over the counter? \_\_\_\_\_

### CLIENT EDUCATION MATERIALS

What materials do you need, for what conditions or situations? \_\_\_\_\_

(AAHA provides client handouts and brochures. See the resources on page 21.)

Who is responsible for ensuring clients receive appropriate materials and instructions? \_\_\_\_\_

**Team motivation:** How will we stay excited about weight management? \_\_\_\_\_