

Module 3: Knowledge Check

Optimizing Your Environment

1. According to research examining people's preferences for weight terminology, which of the following terms is most preferred?
 - A. Obese
 - B. Excess weight
 - C. Large body size
 - D. High body weight

2. When measuring a patient's weight at a medical visit, what is the best way to initiate the weighing procedure?
 - A. Offer the patient the option to face away from the scale
 - B. Ask the patient's permission to be weighed
 - C. Discuss the importance of regular weight measurements
 - D. Ask the patient whether they would like to be informed of their weight

3. The OARS approach is a helpful technique for improving which of the following:
 - A. Person-first language
 - B. Health behavior goal setting
 - C. Reflective listening
 - D. Sensitive weighing procedures

Answers: D, B, C