

Equipment and Environment Checklist for Offices and Clinical Settings: Creating an inclusive environment for people with overweight and obesity

This checklist is intended to provide a comprehensive list of equipment additions and/or changes that may be implemented in offices and clinical settings. Making changes to increase the accessibility within these settings will help to create a positive experience for clients with overweight and obesity.

To use this checklist, walk through your clinic and think about the interactions your client may have with the environment throughout their visit. Reflect on the areas that are applicable to your clinic. Use the **Present** column to indicate whether your setting has the item, the **Planned** column for short and long term planning or budgetary considerations, and **N/A** if not applicable.

Waiting Area

Items	Considerations	Present	Planned	N/A
Reading material, health promotion posters, & artwork	<ul style="list-style-type: none"> Content promotes healthy lifestyle messaging across the age continuum including nutrition and physical activity Avoid images that stigmatize, content that could ostracize, exclude, and/or discriminate against individuals with overweight and obesity 			
Seating (chairs and sofas)^{1,3}	<ul style="list-style-type: none"> Appropriate weight capacity for bariatric client population² Sturdy and armless 6 to 8 inch spacing between chairs Chair width: >20"; Seat depth: >18"² Firm cushioning High seat height for ease of standing given cushion compressibility Stackable bariatric chairs are available if chairs are moved on a regular basis 			

Restrooms

Items	Considerations	Present	Planned	N/A
Toilet³	<ul style="list-style-type: none"> Sturdy with appropriate weight capacity for bariatric client population² Floor mounted; If unable to floor mount, use a bariatric toilet support for reinforcement on a wall mounted toilet Ensure enough space surrounding toilet to be able to sit or straddle toilet; Wall grab bars nearby for support while getting on and off the toilet Split lavatory seat (U-shaped) 			
Specimen containers	<ul style="list-style-type: none"> Urinalysis specimen container with handle 			

Exam Rooms³

Items	Considerations	Present	Planned	N/A
Weigh scale	<ul style="list-style-type: none"> • Sturdy with appropriate weight capacity for bariatric client population² • Surface wide enough for wider stance • Supportive handle bars on the scale; if unable, wall mounted grab bars close by for support • Built-in ramp for wheelchair or individuals with mobility difficulties • Seating and long handled shoe horn close by • Located in an area that provides privacy and practitioner discretion during weighing; practitioner discretion includes having a purpose for taking a weight, asking permission, recording the weight without judgment or comments, or offering the option of clients seeing their weight 			
Stadiometer	<ul style="list-style-type: none"> • Wall mounted • If scale mounted ensure base is wide enough to accommodate wider stance 			
Exam Table	<ul style="list-style-type: none"> • Sturdy with appropriate weight capacity for bariatric client population² • Firm, cushioned surface wide enough to accommodate various body types² • Positioned close to structures such as wall mounted grab bars that will provide support while getting onto and off of the exam table • Step stool (see below) available 			
Step stool	<ul style="list-style-type: none"> • Sturdy with appropriate weight capacity for bariatric client population² • Wide surface to accommodate a greater stance width • Equipped with supportive handle bars 			

Clinic Equipment⁴

Items	Considerations	Present	Planned	N/A
Gowns	<ul style="list-style-type: none"> Appropriate size range for bariatric client population² Gowns sizes available up to 10XL 			
Blood Pressure Cuffs	<ul style="list-style-type: none"> Large and extra-large cuff readily available; bladder width at least 40% of the mid-arm circumference and bladder length between 80-100% of the mid-arm circumference 			
Tape Measure	<ul style="list-style-type: none"> Appropriate length for waist circumference measurement of bariatric client population² Available up to 120" long 			
Needles	<ul style="list-style-type: none"> 2" safety needles available for intramuscular injection 			
Speculum	<ul style="list-style-type: none"> Large or extra large speculum Available with 7" long blade 			
Phlebotomy	<ul style="list-style-type: none"> Longer tourniquets; available to 32" length 			

Staff Equipment and Furnishings

Items	Considerations	Present	Planned	N/A
Office chairs	<ul style="list-style-type: none"> Appropriate size and weight capacity² Adequate seat width, depth and adjustability 			
Stools	<ul style="list-style-type: none"> Appropriate size and weight capacity² 			

See Appendix for specific information around seating, toilets, and exam rooms, and additional resources, including building design considerations.

Note: Bariatric equipment is available from a variety of manufacturers and vendors. Although the Provincial Bariatric Resource Team (PBRT) may provide suggestions about equipment that are in use in other programs, Alberta Health Services (AHS) does not endorse one brand of equipment over another, and specific contracts may be in place for purchasing. Please contact a vendor or manufacturer to find out about what equipment is available for rental or purchase.

For further questions, please contact the Provincial Bariatric Resource Team:
provincialbariatricresourceteam@ahs.ca

Appendix

¹ It is recommended that at least 15-20% of waiting room seating (chairs and sofas) meet the criteria suggested in the above table (Wignall, 2008). Keep in mind that seating that is wider or has a higher weight capacity can also be used by those that do not have overweight or obesity or families with small children. However, people with obesity may not be able to sit in a seat that is too narrow or has a lower weight capacity.

² Currently there are no guidelines regarding the minimum or maximum weight capacities and dimensions of bariatric equipment. Your specific clinic case load, as well as the increasing prevalence of overweight and obesity should be considered when deciding on weight capacity of your equipment. Keep in mind that equipment that accommodates clients with overweight and obesity may also be used by clients who do not have overweight or obesity.

³ The environment that the equipment will be placed in should be considered when looking at equipment choices or location for the equipment. For example, the width of a doorway should be considered if a wider walker or wheelchair may be used to access a room with a scale or extended capacity exam table. Please see *Bariatric Design Considerations* (page 1) for further information.

⁴ While it is important in the creation of a weight inclusive environment to have this equipment available, clinical judgment must be used when determining the appropriate size of equipment for each individual patient.

Additional Resources

Topic	Resource	Link
General Obesity Information	AHS CDM Resource Centre: Obesity	http://www.albertahealthservices.ca/info/Page7468.aspx
	Canadian Obesity Network	www.obesitynetwork.ca
Bariatric Design Considerations	CSA Z8000 Guidelines for Canadian Healthcare Facilities (section. 7.8.8)- requires purchase	http://shop.csa.ca/en/canada/landing-pages/canadian-health-care-facilities/page/z8000
	FGI Guidelines, 2014 – requires purchase	http://www.fgiguide.com/
	Alberta Barrier Free Design Guide, 2008	http://www.safetycodes.ab.ca/Public/Documents/2008_SCC_BFDG_FINAL_protected.pdf
Weight Bias	Information on consideration of design impacting weight bias	https://vimeo.com/62277549
	UConn Rudd Centre for Food Policy and Obesity	http://www.uconnruddcenter.org/weight-bias-stigma
	UConn Rudd Centre for Food Policy and Obesity: Resources for Health Care Providers	http://www.uconnruddcenter.org/weight-bias-stigma-health-care-providers

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