





OBESITY MANAGEMENT IN PRIMARY CARE TRAINING AND CERTIFICATE PROGRAM



Module 1 - PEARLS: Pathophysiology

Angela Golden, DNP, FNP-C, FAANP, FOMA
SCOPE Certified
OMA Advanced Certificate of Education in Obesity Medicine
Owner and Provider at NP Obesity Treatment Center

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1

Goal of This Session

Goal is to help you:

- Utilize learning about pathophysiology to integrate into clinical practice
- Support you in applying lessons learned in this course to your practice

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2

PEARLS From the Module 1 Clinical Webinar

1. An increasing number of states have >35% of people living with obesity
2. The impact of preobesity (overweight) and obesity on health includes metabolic, mechanical, malignant, and psychological effects
3. Over 100 genes are known to play a role in obesity and preobesity (overweight)
4. Adipose tissue is metabolically active
5. Adipose tissue is chatty—meaning it is using hormones to talk
6. The hypothalamus centrally regulates weight by communicating through hormones communicating with organs like small intestine, adipose tissue, stomach, and large intestine

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3

PEARLS From the Module 1 Clinical Webinar

7. Insulin is a promoter of adipose storage
8. Ectopic fat can deposit in the pancreas, muscle, liver, heart, and kidney.
 - New disease—ORG—Obesity Related Glomerulopathy
 - Ectopic fat deposits and accumulation occurring in the kidney creates a situation of hyperfiltration that leads to exhaustion of the podocytes, proteinuria, glomerulosclerosis, and interstitial fibrosis
9. There are hormonal signals that affect the brain that are hedonic and can increase eating without hunger

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4

PEARLS From the Module 1 Clinical Webinar

10. Satisfaction signaling includes the executive functioning with craving based on the reward system through dopamine
11. Adequate sleep is very important to controlling obesity and obesity risks related to keeping cortisol decreased
12. Weight regain is an adaptation response to reduction in excess weight.
 - The body wants to keep the abnormal adipose tissue
 - Hormones that regulate weight go into overdrive—ghrelin increases, leptin resistance increases
 - And metabolic rate decreases—all driving regain

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5

Application to Practice: Creating your Elevator Speech

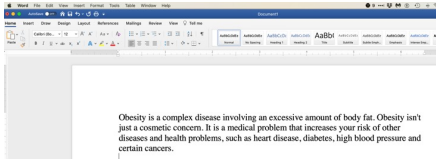
- Patient
 - Coach speech
 - Importance of level for patients
 - Recommendation is 6th grade
- Colleague
 - Coach models their speech

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6

How to Determine Grade Level

- Patient
 - 6th grade level
- Example

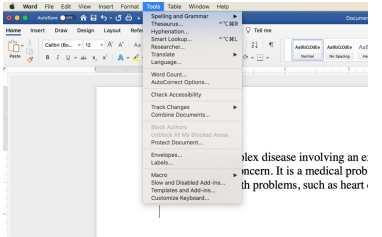


Obesity is a complex disease involving an excessive amount of body fat. Obesity isn't just a cosmetic concern. It is a medical problem that increases your risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure and certain cancers.

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7

How to Determine Grade Level

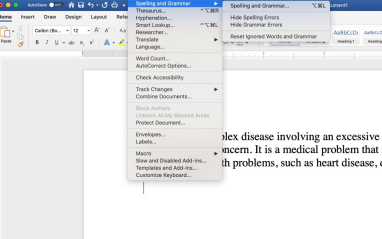


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8

How to Determine Grade Level



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9

How to Determine Grade Level

Obesity is a complex disease involving an excessive amount of body fat. Obesity isn't just a cosmetic concern. It is a medical problem that increases your risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure, and certain cancers.

Counts	
Words	44
Characters	238
Paragraphs	1
Sentences	3
Averages	
Syllables per Paragraph	7
Words per Paragraph	44
Characters per Paragraph	238
Sentences per Paragraph	3
Readability	
Readability Score	10.9
Passing Grade Level	10.9
Passing Sentence Length	10.9

10.9 grade level

10

Reading Level

- Obesity is a complex disease involving an excessive amount of body fat. Obesity isn't just a cosmetic concern. It is a medical problem that increases your risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure, and certain cancers.
 - 10th grade
- Obesity is a disease with an excess amount of body fat. It isn't just a cosmetic concern. It is a medical problem that can cause other diseases. Those problems include diabetes, high blood pressure, and certain cancers, just to name a few.

6.7 grade level
- Obesity is defined as a **chronic, relapsing, multi-factorial, neurobehavioral disease**, wherein an increase in body fat promotes **adipose tissue dysfunction** and **abnormal fat mass physical forces**, resulting in adverse **metabolic, biomechanical, and psychosocial** health consequences.
 - Score of 26, which is college graduate level

11

Application to Practice: Elevator Speech for Patients

- Recommended next steps for application:
 - Write your own elevator talk for a patient
 - Write your own elevator talk for a colleague

12