OBESITY MANAGEMENT IN PRIMARY CARE TRAINING AND CERTIFICATE PROGRAM

2022—2023 ACTIVITY JOURNAL

This activity journal belongs to:

_____

PROGRAM OVERVIEW

Welcome to the 2022—2023 Obesity Management in Primary Care Training and Certificate Program sponsored by the American Academy of Physician Associates (AAPA), The Obesity Society (TOS), and the National Association for Continuing Education (NACE). This is a practice improvement, continuing professional development (CPD) program designed to help you develop the knowledge, skills, and competencies required to build an obesity management practice in your clinics.

The program activities are grouped into ten modules, as well as one prerequisite module. Within the ten primary modules, learners will find clinical webinars, as well as clinical pearl webinars, designed to reinforce learning from the clinical webinars. You will also find articles, handouts, resources, and various other activities within the modules. Learners are encouraged to move through the program at the pace that works best for their schedule. However, please note that all modules **must be completed by Sunday, December 31, 2023 to earn a final program certificate**. Once the program expires, the courses will no longer be accessible. Upon completion of all requirements, learners will receive a professional certificate from The Obesity Society (TOS).

ASSESSMENT ACTIVITIES

You will be required to complete assessments at the beginning and end of the program as well as before and after and each module. The purpose of these assessments is to help you reflect on your current orientation and practice behaviors relative to obesity management, as well as measure educational impact and outcomes of this educational program. The evaluation portion of the assessments are your opportunity to give feedback to improve the program.

You will need to achieve a 70% (or higher) on the assessment at the end of each module to advance to the next module. Participants will have unlimited attempts to pass and can go back and review course material as needed. All assessment data in this program will remain confidential, be de-identified, and only accessible by AAPA and its educational partners, NACE and TOS, in order to analyze outcomes of this program. This data will also guide the development of future educational programming and related activities.
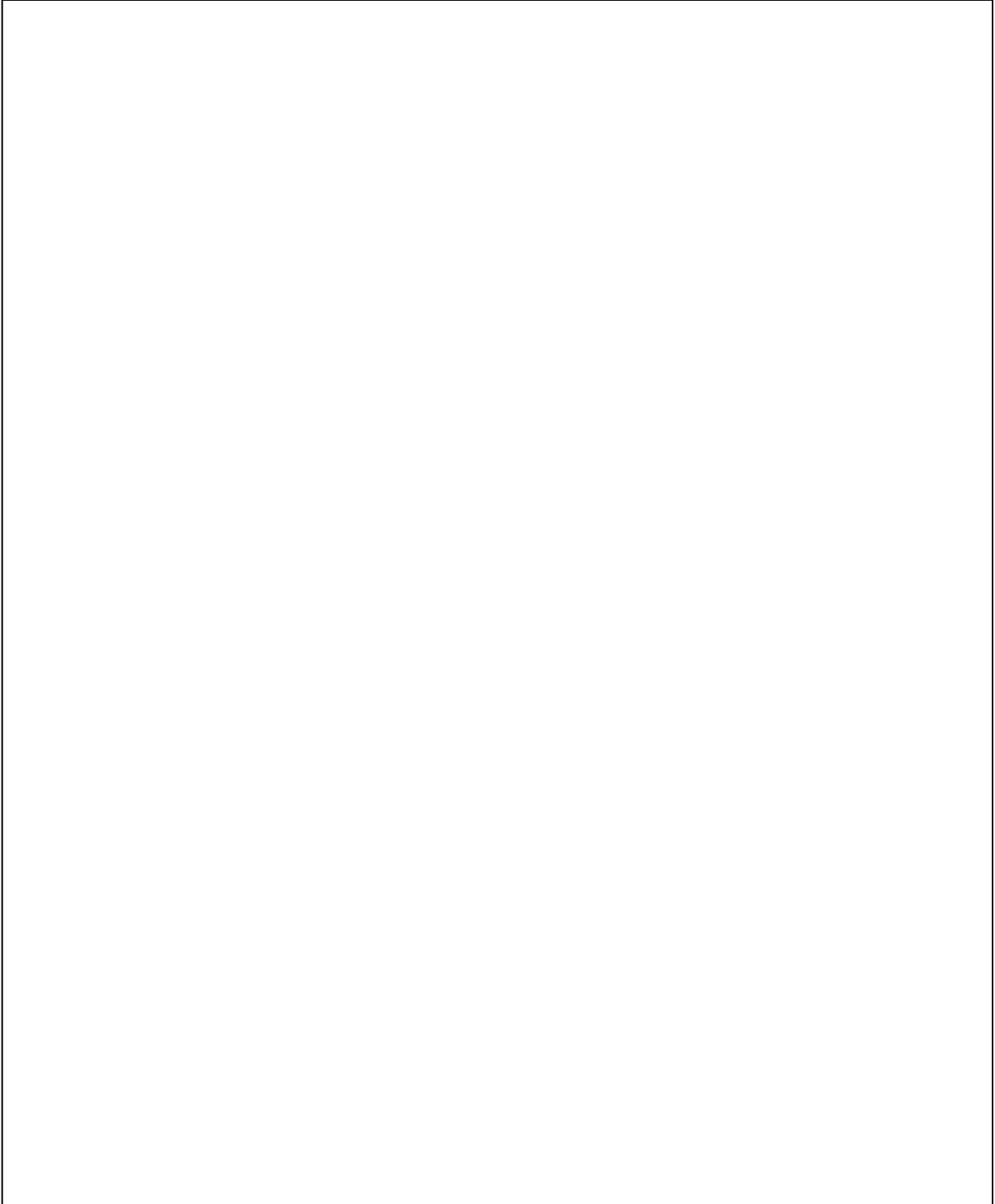
LEARNING ACTIVITY JOURNAL

The purpose of this journal is to provide a way for you to indicate completion of the various activities of the Training and Certificate Program. By recording your achievements in one place, you will be able to easily notice any items yet to be completed, track your progress, and reinforce your recognition of the changes you're making. This is an interactive pdf that you can save to your desktop and refer to as needed as you move through the program. The modules are restricted, and each one must be completed before you can move on to the next.

Please use these prompts as an opportunity to self-reflect prior to beginning the Certificate Program.

What's your purpose for engaging in this Program?

What would you like to learn and experience in this Program?

Imagine that it's one year from now, and you've learned and experienced what you wanted in the Program. In this desired future, how will your professional life be different? How will you be different?

Learner Journey Checklist

Please use the checklist below to track your progress through the Certificate Program.
Reminder: *The module expires on Sunday, December 31st, 2023, so be sure to complete all of your modules prior to that date as the program will no longer be available to complete.*

Program Pre-Assessments:

☐ Harvard IAT Assessment   Completion Date:_____
☐ Program Baseline Pre-Assessment   Completion Date:_____
☐ Pre-Assessments Credit Received   Completion Date:_____

Prerequisite Module: *Emerging Challenges and Clinical Updates in Primary Care*

☐ Learners need to complete <u>one</u> of the following:
    ☐ One *Emerging Challenges and Clinical Updates in Primary Care, 2022*, live virtual symposium, hosted by NACE on the following dates:
        ▪ August 6, 2022
        ▪ August 13, 2022
        ▪ October 8, 2022
        ▪ October 29, 2022
        ▪ November 5, 2022
    ☐ Online Webcast: *Obesity Management in Primary Care*, available via AAPA's Learning Central Obesity Management Certificate Program

☐ Prerequisite Module Credit Received   Completion Date:_____

Module #1: *Obesity is a Complex Disease: Scope and Pathophysiology*

Learning Objectives:
1. Describe appetite control and energy balance regulation and the dysregulation that occurs in obesity
2. Discuss the multiple determinants of the development of obesity
3. Accept obesity as a disease based on the pathophysiology and impact on organ function
4. Explain the underlying challenges of weight regain and metabolic adaptation

Module Activities:
☐ Module 1 Pre-Assessment   Completion Date:_____
☐ Pre-Read Assignments   Completion Date:_____
    ☐ Obesity Pathogenesis: An Endocrine Society Scientific Statement (Schwartz, et al., 2017)
    ☐ Mechanisms, Pathophysiology, and Management of Obesity (Heymsfield and Wadden, 2017)

☐ Module 1 Clinical Webinar   Completion Date:_____
    ☐ Clinical Webinar Q&A Podcast   Completion Date:_____
    ☐ Clinical Webinar Handout (PDF)
☐ Module 1 Clinical Pearls Webinar   Completion Date:_____
    ☐ Clinical Pearls Handout (PDF)
☐ Module Post-Assessment   Completion Date:_____
☐ Module 1 Evaluation   Completion Date:_____
☐ Module 1 Certificate and Credit Received Completion Date:_____

Notes & Self-Reflection, Module 1:

Module #2: *Overcoming Bias and Stigma in Obesity*

Learning Objectives:
1. Incorporate alternatives to minimize weight bias, stigma, and discrimination in the treatment of patients affected by obesity
2. Describe the psychological and physical effects of internalization of weight bias, stigma, and discrimination on the patient and the clinician in the management of obesity
3. Demonstrate ways to diminish weight bias in the office setting
4. Identify organizations and efforts one can take to advocate for obesity as a disease

Module Activities:
- ☐ Module 2 Pre-Assessment   Completion Date:_____
- ☐ Pre-Read Assignments   Completion Date:_____
  - ☐ Obesity Stigma and Bias (Fruh, et al. 2017)
  - ☐ Joint International Consensus Statement for Ending Stigma of Obesity (Rubino, et al., 2020)
- ☐ Module 2 Clinical Webinar   Completion Date:_____
  - ☐ Clinical Webinar Q&A Podcast   Completion Date:_____
  - ☐ Clinical Webinar Handout (PDF)
- ☐ Module 2 Clinical Pearls Webinar   Completion Date:_____
  - ☐ Clinical Pearls Handout (PDF)
- ☐ Articles & Resources   Completion Date:_____
  - ☐ A practical approach to obesity prevention: Healthy home habits (Fruh et al., 2020)
  - ☐ Checklist for Assessing the Office Environment, The Rudd Center for Food Policy and Obesity
- ☐ Module 2 Post-Assessment   Completion Date:_____
- ☐ Module 2 Evaluation   Completion Date:_____
- ☐ Module 2 Certificate and Credit Received   Completion Date:_____

Notes & Self-Reflection, Module 2:

Module #3: *Screening & Diagnosis*

Learning Objectives:

1. Diagnose obesity and document the diagnosis in the medical record
2. Apply obesity-specific components to a history and physical exam
3. Identify a patient's stage of obesity

Module Activities:

☐ Module 3 Pre-Assessment   Completion Date:_____
☐ Pre-Read Assignments & Resources   Completion Date:_____
    ☐ Weight History in Clinical Practice: The State of the Science and Future Directions (Kushner, et al., 2020)
    ☐ AACE Staging
    ☐ Edmonton-Obesity-Staging-System-Tool (Kushner, et al., 2020)
☐ Module 3: Clinical Webinar   Completion Date:_____
    ☐ Clinical Webinar Q&A Podcast   Completion Date:_____
    ☐ Clinical Webinar Handout (PDF)
☐ Module 3: Clinical Pearls Webinar   Completion Date:_____
    ☐ Clinical Pearls Handout (PDF)
☐ Articles & Resources   Completion Date:_____
    ☐ AACE Checklist Screening and Diagnosis of Weight-Related Complications
    ☐ Body Weight Graph
    ☐ Components of an Effective Obesity Management Plan
    ☐ Evaluating Weight-Related Complications
    ☐ ICD-10 Codes for Obesity Management
    ☐ Modalities to Evaluate Adiposity
    ☐ Obesity Intake Form
    ☐ Obesity history, physical exam, laboratory, body composition, and energy expenditure: An Obesity Medicine Association (OMA) Clinical Practice Statement (CPS) 2022
    ☐ OPQRST Mnemonic Sample Questions
    ☐ Understanding Insulin Resistance: Patient Handout
☐ Module 3 Post-Assessment   Completion Date:_____
☐ Module 3 Evaluation   Completion Date:_____
☐ Module 3 Certificate and Credit Received Completion Date:_____

Notes & Self-Reflection, Module 3:

Module #4: *Foundations of Treatment*

Learning Objectives:
1. Apply behavioral interventions for the treatment of obesity in primary care
2. Conduct comprehensive nutritional counseling as part of an effective obesity management plan
3. Conduct effective physical activity counseling as part of an effective obesity management plan

Module Activities:
- ☐ Module 4 Pre-Assessment   Completion Date:_____
- ☐ Pre-Read Assignments   Completion Date:_____
  - ☐ Physical Activity in Obesity Management
  - ☐ Medical Nutrition Therapy in Obesity Management
  - ☐ Effective Psychological and Behavioural Interventions in Obesity Management
- ☐ Module 4: Clinical Webinar   Completion Date:_____
  - ☐ Clinical Webinar Q&A Podcast   Completion Date:_____
  - ☐ Clinical Webinar Handout (PDF)
- ☐ Module 4: Clinical Pearls Webinar   Completion Date:_____
  - ☐ Clinical Pearls Handout (PDF)
- ☐ Articles & Resources   Completion Date:_____
  - ☐ ACSM Screening
  - ☐ Barriers to Being Active
  - ☐ Exercise Demonstration
  - ☐ Food and Activity Record
  - ☐ Eating Plans
  - ☐ Intermittent Fasting
- ☐ Module 4 Post-Assessment   Completion Date:_____
- ☐ Module 4 Evaluation   Completion Date:_____
- ☐ Module 4 Certificate and Credit Received   Completion Date:_____

Notes & Self-Reflection, Module 4:

Module #5: *Pharmacotherapy for Obesity*

Learning Objectives:

1. Initiate appropriate pharmacotherapy early in the obesity management plan according to clinical practice guidelines
2. Summarize the mechanisms of action, safety, efficacy, and dosing of anti-obesity medications
3. Select an appropriate medication based on patient characteristics and comorbid conditions

Module Activities:

- ☐ Module 5 Pre-Assessment   Completion Date:_____
- ☐ Pre-Read Assignments   Completion Date:_____
  - ☐ Pharmacologic Treatment of Overweight and Obesity in Adults
  - ☐ Pharmacological Management of Obesity: An Endocrine Society Clinical Practice Guideline
- ☐ Module 5: Clinical Webinar   Completion Date:_____
  - ☐ Clinical Webinar Handout (PDF)
- ☐ Module 5: Clinical Pearls Webinar   Completion Date:_____
  - ☐ Clinical Pearls Handout (PDF)
- ☐ Module 5 Decision Point Activity: *Applying Pharmacologic Treatment Concepts*
        Completion Date:_____
- ☐ Articles & Resources   Completion Date:_____
  - ☐ Contrave
  - ☐ Lomaira
  - ☐ Plenity
  - ☐ Saxenda
  - ☐ Setmalanotide
  - ☐ Qsymia
  - ☐ Wegovy
  - ☐ Determining Medication for Chronic Obesity
  - ☐ Informed Consent for Off Label
  - ☐ Informed Consent for Pregnancy Prevention Plan
  - ☐ Pharmacological Management of Obesity: An Endocrine Society Clinical Practice Guideline
  - ☐ Obesity history, physical exam, laboratory, body composition, and energy expenditure: An Obesity Medicine Association (OMA) Clinical Practice Statement (CPS) 2022
- ☐ Module 5 Post-Assessment   Completion Date:_____
- ☐ Module 5 Evaluation   Completion Date:_____
- ☐ Module 5 Certificate and Credit Received   Completion Date:_____

Notes & Self-Reflection, Module 5:

Module #6: *Devices & Surgery*

Learning Objectives:

1. Identify patients who might be appropriate candidates for referral for surgery or devices
2. Describe current FDA and ASMBS approved metabolic and bariatric surgery and devices
3. Summarize the effects of bariatric surgery on weight reduction and comorbidities
4. Develop a long-term management plan for patients who have had a bariatric surgical procedure

Module Activities:

☐ Module 6 Pre-Assessment   Completion Date:_____

☐ Pre-Read Assignments   Completion Date:_____

    ☐ Clinical Practice Guidelines for the Perioperative Nutrition, Metabolic, and Nonsurgical Support of Patients Undergoing Bariatric Procedures

    ☐ Bariatric Surgery: A Perspective for Primary Care

☐ Module 6: Clinical Webinar   Completion Date:_____

    ☐ Clinical Webinar Q&A Podcast   Completion Date:_____

    ☐ Clinical Webinar Handout (PDF)

☐ Module 6: Clinical Pearls Webinar   Completion Date:_____

    ☐ Clinical Pearls Handout (PDF)

☐ Articles & Resources   Completion Date:_____

    ☐ Procedures and devices for bariatric and metabolic endoscopy

    ☐ ASMBS Endorsed Procedures and FDA Approved Devices

☐ Module 6 Post-Assessment   Completion Date:_____

☐ Module 6 Evaluation   Completion Date:_____

☐ Certificate and Credit Received   Completion Date:_____

Notes & Self-Reflection, Module 6:

Module #7: *Applying Foundations of Care When Obesity is the Chief Complaint*

Learning Objectives:

1. Formulate an eating and physical activity plan based on individual patient characteristics and preferences
2. Develop a specific follow-up plan for continued nutrition counseling based on individual patient characteristics and needs
3. Prescribe an appropriate anti-obesity medication based on individual patient characteristics and needs

Module Activities:

☐ Module 7 Pre-Assessment   Completion Date:_____
☐ Pre-Read Assignments   Completion Date:_____
  ☐ Primary Care and Primary Healthcare in Obesity Management (Campbell-Scherer et al., 2020)
  ☐ Practical Strategies for Engaging Individuals with Obesity in Primary Care (Kahan, 2018)
☐ Module 7 Clinical Webinar   Completion Date:_____
  ☐ Clinical Webinar Handout (PDF)
☐ Module 7 Clinical Pearls Webinar Completion Date:_____
  ☐ Clinical Pearls Handout (PDF)
☐ Articles & Resources   Completion Date:_____
  ☐ On-the-Go Healthy Foods (2018)
  ☐ Grocery Store Tips & Brand Name Suggestions
  ☐ Meal Delivery Programs
  ☐ Healthy Meal Ideas
  ☐ Meal Replacement for Weight Loss
  ☐ Healthy Snack Guide: 100-200 Calories Each
☐ Module 7 Post-Assessment   Completion Date:_____
☐ Module 7 Evaluation   Completion Date:_____
☐ Module 7 Certificate and Credit Received   Completion Date:_____

Notes & Self-Reflection, Module 7:

Module #8: *Managing Patients with Obesity-related Complications*

Learning Objectives:
1. Explain the pathophysiologic mechanisms by which excess adiposity causes obesity related complications
2. Evaluate obesity related complications and comorbidities that may require treatment or referral
3. Develop an individualized treatment plan based on a patient's obesity related complications and comorbidities
4. Adjust obesogenic medications in a patient's current medication regimen when clinically appropriate

Module Activities:

☐ Module 8 Pre-Assessment　　　　　　Completion Date:_____

☐ Pre-Read Assignments　　　　　　　Completion Date:_____

　　☐ AACE/ACE Algorithm for Medical Care of patients with Obesity

　　☐ Medscape Obesity

☐ Module 8 Clinical Webinar　　　　　Completion Date:_____

　　☐ Clinical Webinar Q&A Podcast　　Completion Date:_____

　　☐ Clinical Webinar Handout (PDF)

☐ Module 8 Clinical Pearls Webinar　　Completion Date:_____

　　☐ Clinical Pearls Handout (PDF)

☐ Module 8 Post-Assessment　　　　　Completion Date:_____

☐ Module 8 Evaluation　　　　　　　　Completion Date:_____

☐ Module 8 Certificate and Credit Received　Completion Date:_____

Notes & Self-Reflection, Module 8:

Module #9: *Documentation, Billing, and Coding*

Learning Objectives:

1. Summarize evaluation and management codes to bill for office visits for obesity management
2. Properly document time in counseling and education to support using time for billing
3. Identify additional services to maximize reimbursement for obesity management in primary care

Module Activities:

☐ Module 9 Pre-Assessment   Completion Date:_____

☐ Module 9 Clinical Webinar   Completion Date:_____

     ☐ Clinical Webinar Handout (PDF)

☐ Module 9 Clinical Pearls   Completion Date:_____

     ☐ Clinical Pearls Handout (PDF)

☐ Module 9 Post-Assessment   Completion Date:_____

☐ Module 9 Evaluation   Completion Date:_____

☐ Module 9 Certificate and Credit Received   Completion Date:_____

Notes & Self-Reflection, Module 9:

Module #10: *Blueprint of Care: Putting It All Together*

Learning Objectives:

1. Develop appropriate, individualized treatment plans for patients with obesity
2. Structure visits for obesity management over time in primary care
3. Integrate the chronic and progressive treatment of obesity into a patient's overall primary care

Module Activities:

☐ Module 10 Pre-Assessment   Completion Date:_____

☐ Pre-Read Assignments   Completion Date:_____

    ☐ Guideline Recommendations for Obesity Management

☐ Module 10 Clinical Webinar   Completion Date:_____

    ☐ Clinical Webinar Q&A Podcast   Completion Date:_____

    ☐ Clinical Webinar Handout (PDF)

☐ Module 10 Clinical Pearls Webinar   Completion Date:_____

    ☐ Clinical Pearls Handout (PDF)

☐ Module 10 Podcast: Considerations in the Approach to Obesity Management

                                     Completion Date:_____

☐ Articles & Resources   Completion Date:_____

    ☐ Practical Strategies for Engaging Individuals With Obesity in Primary Care

☐ Module 10 Post-Assessment   Completion Date:_____

☐ Module 10 Evaluation   Completion Date:_____

☐ Module 10 Certificate and Credit Received   Completion Date:_____

Notes & Self-Reflection, Module 10:

Overall Program Post-Assessment & Program Evaluation

☐ Program Post-Assessment   Completion Date:_____
☐ Program Evaluation   Completion Date:_____
☐ Program Post Requirements Credit Received
                                                          Completion Date:_____

Final Certificate

Upon completion of all requirements, learners will receive a professional certificate from The Obesity Society (TOS). The professional certificate is in addition to the CME/CE credits awarded for each completed activity in this program.

COMMUNICATION

Should you have any additional questions, please contact AAPA at obesitycertificate@aapa.org. Our goal is to respond to you in a timely manner. However, responses may take up to 2 business days depending on volume of requests. For any technical issues, please email cmetech@aapa.org.

CONFIDENTIALITY AND COPYRIGHT

Participation in this course is confidential. All assessments, pre-/post-tests, and evaluations completed by participants will be de-identified. Should AAPA, NACE, or TOS wish to elicit participant endorsements for the program, participants will be asked to complete and sign a consent form.

Additionally, all program material is copyrighted by AAPA, NACE, and TOS, and shall not be used by participants outside of this course without written consent by AAPA, NACE, and TOS. To request use of materials outside of this course, please send a written request to obesitycertificate@aapa.org and a Program Manager will get back to you.

Lastly, all materials developed for this Program are for educational purposes only. Some materials denoted as provider-patient educational tools may be used in practice. Please be mindful of disclaimers on all program handouts to ensure their appropriate use.

Thanks for your decision to engage in this Program. We appreciate your commitment to enhance your skills in obesity management practice.