



Module 3: *Applying History and Physical Exam to Practice*

Coaching Session with Angela Golden, DNP, FNP-C

Coaching Session with Amy Ingersoll, PA-C, MMS, FOMA

OBESITY MANAGEMENT IN PRIMARY CARE CERTIFICATE PROGRAM:

A Practice Management & Leadership Training Program for PAs and NPs



Goal

- Utilize learning about bias to integrate into clinical practice
- Answer questions about history and physical exam

Agenda

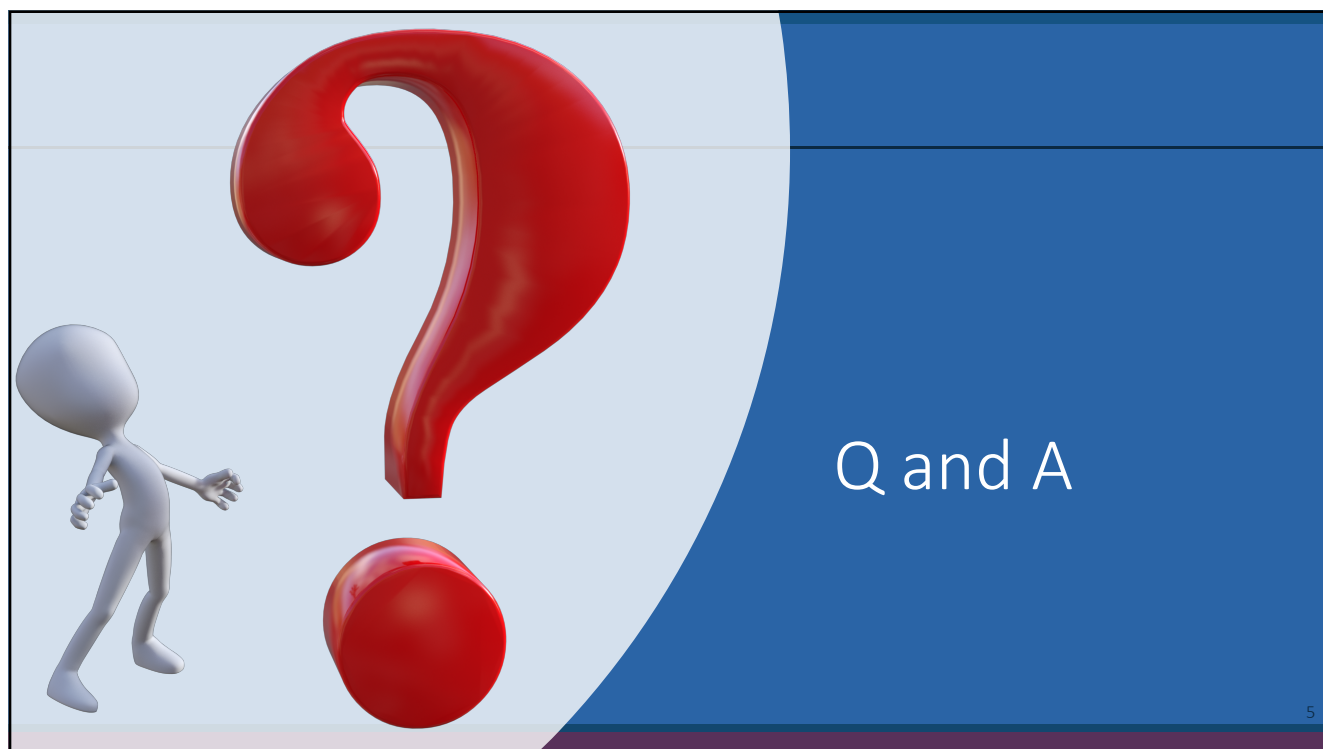
PEARLS/review of clinical webinar	2 minutes
Q and A	40 minutes
Application to practice	15 minutes
Preparing for next steps	3 minutes

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PEARLS from Clinical Webinar

- Diagnosing obesity is an important first step to recognizing and addressing obesity in a clinical setting.
 - You can't treat what you don't diagnose.
- A thorough assessment is the foundation of effective treatment.
- Your history, physical exam, and laboratory findings will help to guide individualized treatment.
- Use the readiness to change and respect if a patient is not ready to engage.
- Staging an individual's obesity will:
 - Help to understand the extent of the disease.
 - Specify how quality of life and functional ability are being impacted (if using EOSS).
 - Help to guide how aggressive treatment should be.

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Applying to Practice: Insulin Resistance

Insulin resistance sets off a host of metabolic processes that result in the formation of excess adiposity and inflammation throughout the body. As these processes continue, excess adipose is accumulated and insulin resistance rises.

As the cycle continues, a person gains weight more easily and has a more difficult time losing it, which worsens insulin resistance.

HOMA-IR score can help to calculate insulin resistance.

- Several studies suggest a cut off of >2 for any insulin resistance
- MD Calc has a good tool for HOMA-IR (Homeostatic Model Assessment for Insulin Resistance)
 - <https://www.mdcalc.com/homa-ir-homeostatic-model-assessment-insulin-resistance>

HOMA-IR Score

Let's calculate the HOMA-IR Scores for these two patients:

1. Go to: <https://www.mdcalc.com/homa-ir-homeostatic-model-assessment-insulin-resistance>
2. Calculate results for:
 - Patient 1: Fasting Insulin 11, Glucose 88
 - Patient 2: Fasting Insulin 7, Glucose 84
3. Which one of the calculations show a **diagnosis of insulin resistance**?

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Staging

- 64-year-old female: BMI 37.3 PMH: diabetes, HTN, osteoarthritis, anxiety, walks 2 miles a day
- 38-year-old male: BMI 41 PMH: osteoarthritis, depression, NAFLD, using a cane
- 26-year-old female: BMI 26 PMH: IR by HOMA-IR 2.4, medication metformin

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Action Items for Module 3

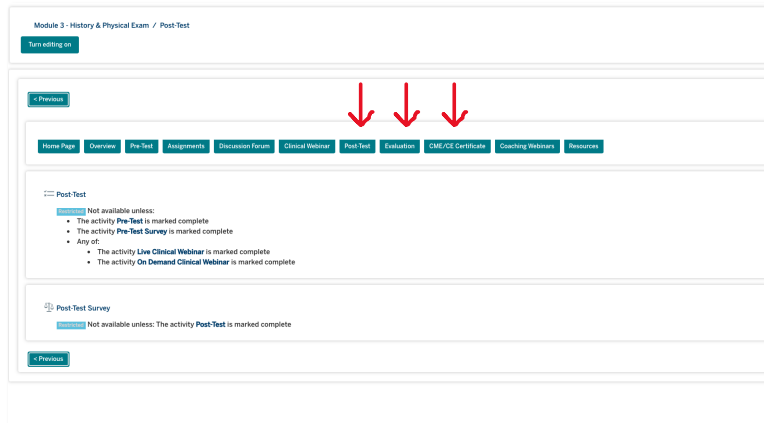
- Post Clinical Webinar 3 – Items due by February 20th

1. Posttest
2. Evaluation
3. CME/CE Certificate

- Post Coaching Webinar

- Coaches' Office Hours

- Angie
 - 6:30pm Arizona Time (Currently Mountain Time)/8:30pm ET
<https://global.gotomeeting.com/join/537890853>
 - Amy
 - Email Amy to set up time for office hour's if further questions on History and Physical.



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What is Next

- Complete the **Module 4 Pretest** prior to the **Clinical Webinar 4** (Tues., March 9, 2021 at 7:00 PM ET)
 - Set goal to complete by Mon., March 8th
- **After** you complete the pre-test, then begin Module 4 "Assignments" (e.g., pre-read articles). You can start these immediately after the pre-test.
 - *Physical Activity in Obesity Management* (Boulé, 2020)
 - *Effective Psychological and Behavioural Interventions in Obesity Management* (Vallis, 2020)
 - *Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report* (Evert, 2019)
- **Module 4 Coaching webinars** dates: (1-hour sessions)
 - **PAs (Coach Amy)**
 - Tuesday, 03/23/21 at 12pm ET
 - Tuesday, 03/23/21 at 6pm ET
 - Tuesday, 03/23/21 at 7:15pm ET
 - **NPs (Coach Angie)**
 - Monday, 03/22/21 at 12pm ET
 - Tuesday, 3/23/21 at 6pm ET
 - Tuesday, 03/23/21 at 9pm ET

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