


Module 5: Pharmacotherapy

Coaching Session with Amy Ingersoll, PA-C, MMS, FOMA
 Coaching Session with Angela Golden, DNP, FNP-C, FAANP

OBESITY MANAGEMENT IN PRIMARY CARE CERTIFICATE PROGRAM:
 A Practice Management & Leadership Training Program for PAs and NPs



1

Goals

- Review clinical pearls from the Pharmacotherapy webinar.
- Answer questions about the clinical webinar.
- Apply pharmacotherapy knowledge to clinical practice.

Copyright © 2021 AAPA, ILP, and TOS. All rights reserved.

2

Agenda

PEARLS/review of clinical webinar	5 minutes
Q and A	35 minutes
Application to practice	15 minutes
Preparing for next steps	5 minutes

Copyright © 2021 AAPA, ILP, and TOS. All rights reserved.

3

PEARLS from Clinical Webinar

- As the disease state of obesity progresses, clinical management will intensify. Utilization of pharmacotherapy for appropriate individuals with adjunct lifestyle is clinically appropriate
- Obesity is a chronic, progressive and relapsing disease state that requires long term management. Pharmacotherapy is appropriate for chronic management
- It is important to continue to recognize your own internal bias and stigma around obesity and understand potential barriers needing to be understood as you continue to re-frame how you clinically management individuals with obesity for long term success
- Individualization of pharamacotherapy is part of the art of management; a stepwise approach can help you to assess with FDA approved medication may have the best whole-person benefit
- If one medication does not work, try another.

Copyright © 2020 AAPA, TOS, ILP. All rights reserved.

4

Q and A

Copyright © 2020 AAPA, TOS, ILP. All rights reserved.

5

**Applying to Practice:
Selecting AOM**

- Phentermine
- Orlistat
- Liraglutide 3g
- Naltrexone/Bupropion
- Phentermine/Topiramate
- Off-label use

Copyright © 2020 AAPA, TOS, ILP. All rights reserved.

6

Applying to Practice: Case 1

- 34-year-old female.
- BMI 33
- PMH: prediabetes, GERD, OA.
- Medications: metformin, omeprazole, and daily ibuprofen/prn hydrocodone.
- PSH: tubal ligation
- Family history: No thyroid cancer for self or family.

Copyright © 2021 AAPA, ILP, TOS. All rights reserved.

7

Applying to Practice: Case 2

- 39-year-old female
- BMI 27, BP 118/78, Pulse 68
- PMH: HTN, Hyperlipidemia, depression, migraines.
- Medications: topiramate, sertraline, losartan
- Pregnancy prevention: husband has vasectomy.

Copyright © 2021 AAPA, ILP, TOS. All rights reserved.

8

Applying to Practice: Case 3

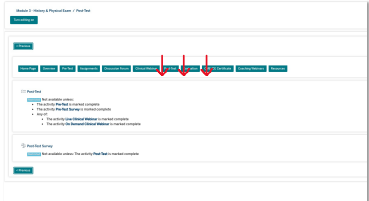
- 59-year-old male
- BMI 38, BP 122/82, Pulse 76
- PMH: DMs, HTN, Hyperlipidemia.
- Family hx of CVD. No family hx of MTC.
- Medications: linagliptin-metformin, lisinopril, atorvastatin.

Copyright © 2021 AAPA, ILP, TOS. All rights reserved.

9

Action Items for Module 5

- Post Clinical Webinar 5 – Items **due** by this Friday **04/30/21** Posttest
 1. Evaluation
 2. CME/CE Certificate
- Post Coaching Webinar
 - Coaches' Office Hours
 - Arny
 - Email for office hours
 - Angie
 - May 4th, 2021 6:30pm PT/9:30pmET



Copyright © 2020 AAPA, TOS, ILP. All rights reserved.

10

What is Next

- Workshop Saturday May 22nd
 - **Pre-workshop Morning Buzz:** 10am – 10:30am ET (pre-reg/optional)
 - **Main workshop:** 10:30am – 3:30pm ET (pre-reg/mandatory)*
- Complete the **Module 6 Pretest** **prior to** the Clinical Webinar 6 **6/8/2021 7pmET**
 - Set goal to complete by 6/7/2021
- **After you complete the pre-test, then begin Module 6 "Assignments"** (e.g., pre-read articles). You can start these immediately after the pre-test.
- **Module 6 Coaching webinars** dates: (1-hour sessions)
 - PAs (Coach Arny)
 - Monday 6/21/2021 12pmET
 - Tuesday 6/22/2021 715pm ET
 - Please email Coach Arny if neither of these dates or times work for you.
 - NPs (Coach Angie)
 - 6/22/2021 noon ET
 - 6/22/2021 6pm ET
 - 6/22/2021 9pm ET

*NOTE: this will be recorded, it is strongly encouraged participants attend. Karlee sent out a pre-registration request for the workshop, please complete ASAP. ... 11

11