

OBESITY MANAGEMENT IN PRIMARY CARE CERTIFICATE PROGRAM:

A Practice Management & Leadership Training Program for PAs and NPs



Module 5: Pharmacotherapy Coaching Webinar Engagement Worksheet

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

Based on patient's medical history, which AOM would you recommend for the individual?

- a) Liraglutide 3mg
- b) Naltrexone/Bupropion XL
- c) Phentermine/Topiramate XR
- d) Orlistat
- e) Phentermine

Reasoning _____

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

Based on patient's medical history, which AOM would you recommend for the individual?

- a) Liraglutide 3mg
- b) Naltrexone/Bupropion XL
- c) Phentermine/Topiramate XR
- d) Orlistat
- e) Phentermine

Reasoning _____

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

Based on patient’s medical history, which AOM would you recommend for the individual?

- a) Liraglutide 3mg
- b) Naltrexone/Bupropion XL
- c) Phentermine/Topiramate XR
- d) Orlistat
- e) Phentermine

Reasoning _____

