

**OBESITY MANAGEMENT IN PRIMARY CARE
PROFESSIONAL DEVELOPMENT &
CERTIFICATE PROGRAM**



2024 – 2025 Activity Journal

This activity journal belongs to:

FOR EDUCATIONAL USE ONLY



Program Overview

Welcome to the 2024-2025 Obesity Management in Primary Care Professional Development & Certificate Program sponsored by the American Academy of Physician Associates (AAPA), the National Association for Continuing Education (NACE), and The Obesity Society (TOS). This is a practice improvement, continuing professional development (CPD) program designed to help you develop the knowledge, skills, and competencies required to build a comprehensive obesity management practice in your clinic.

The Certificate Program consists of nine modules and includes a variety of training environments and tools to support your learning journey. You must complete the modules in order. Within the modules, you will find podcasts, clinical webinars, and Decision Point exercises designed to provide examples of real-world contextual application of the content. You will also find handouts and other relevant resources within each module.

The Certificate Program will take approximately 15 to 20 hours to complete, and you are encouraged to move through the modules at your own pace. However, please be aware that **all modules must be completed by December 31, 2025**. Once the Certificate Program expires, the modules will no longer be accessible.

Assessment Activities

You will be required to complete an assessment and chart abstraction exercise before beginning the modules and after completing the Certificate Program. These assessments will help you reflect on the content learned and measure the educational impact and outcomes of the Certificate Program. The evaluation portion of the assessments also includes an opportunity for you to provide feedback on the program to improve future education offerings.

You must achieve $\geq 70\%$ on summative assessments at the end of each module to advance to the next. You will have unlimited attempts to pass and may go back and review course materials as needed. All assessment data in this program will be confidential and accessible only to AAPA, NACE, and TOS. Aggregate data that has been de-identified will be used to communicate the effectiveness of the Certificate Program.

Activity Journal

This journal provides you with a method to track completion of the various activities in the Certificate Program. This is an interactive document that you may save to your desktop and refer to as needed as you work through the modules.

Please use these prompts to self-reflect before beginning the Certificate Program.

What is your purpose for engaging in the Certificate Program?

What would you like to learn and/or experience in the Certificate Program?

Learner Journey Checklist

Please use the checklist below to track your progress through the Certificate Program.

Reminder: All modules will expire on **December 31, 2025**. Be sure to complete all modules and assessments before that date.

Module 1: Podcast: *Setting the Stage for Obesity Management*

Learning Objective:

- Discuss the importance of managing obesity and its complications and comorbidities in the primary care setting.

Module Activities:

- | | |
|---|------------------------|
| <input type="checkbox"/> Download Activity Journal | Completion Date: _____ |
| <input type="checkbox"/> Module 1 Podcast | Completion Date: _____ |
| <input type="checkbox"/> Module 1 Post-Test and Evaluation | Completion Date: _____ |
| <input type="checkbox"/> Module 1 Sign Up for an Ask the Expert Session | Session Date: _____ |

Module 2: *Pathophysiology: Obesity as a Disease*

Learning Objectives:

- Recognize obesity as a chronic, progressive disease with a distinct pathophysiology that contributes to cardiovascular, renal, and metabolic risk factors, disease, and complications.
- Discuss the multiple determinants of the development of obesity.
- Explain the underlying pathophysiology of weight recurrence and metabolic adaptation.

Module Activities:

- | | |
|---|------------------------|
| <input type="checkbox"/> Module 2 Download Engagement Worksheet | Completion Date: _____ |
| <input type="checkbox"/> Module 2 Clinical Webinar | Completion Date: _____ |
| <input type="checkbox"/> Module 2 Post-Test and Evaluation | Completion Date: _____ |
| <input type="checkbox"/> Module 2 Sign Up for an Ask the Expert Session | Session Date: _____ |

Module 3: *Overcoming Bias and Engaging in Meaningful Conversations Regarding Obesity Management*

Learning Objectives:

- Recognize and minimize personal biases toward weight, body habitus, and causes of obesity.
- Employ nonstigmatizing communication and behavior to minimize bias toward individuals with obesity in professional and clinical settings.
- Implement strategies in the clinical setting to diminish weight bias.

Module Activities:

- | | |
|---|------------------------|
| <input type="checkbox"/> Module 3 Download Engagement Worksheet | Completion Date: _____ |
| <input type="checkbox"/> Module 3 Download Handouts | Completion Date: _____ |
| <input type="checkbox"/> Module 3 Clinical Webinar | Completion Date: _____ |
| <input type="checkbox"/> Module 3 Podcast | Completion Date: _____ |
| <input type="checkbox"/> Module 3 Post-Test and Evaluation | Completion Date: _____ |
| <input type="checkbox"/> Module 3 Sign Up for an Ask the Expert Session | Session Date: _____ |

Module 4: *Screening and Diagnosis*

Learning Objectives:

- Screen for, diagnose, and document overweight and obesity as part of routine healthcare.
- Discuss the health-related consequences of overweight and obesity.
- Perform a thorough history and physical exam specific to obesity and its comorbidities and complications.
- Assess an individual's motivation and readiness to change related to an obesity management plan.

Module Activities:

- | | |
|---|------------------------|
| <input type="checkbox"/> Module 4 Download Engagement Worksheet | Completion Date: _____ |
| <input type="checkbox"/> Module 4 Download Handouts | Completion Date: _____ |
| <input type="checkbox"/> Module 4 Clinical Webinar | Completion Date: _____ |

- Module 4 Post-Test and Evaluation Completion Date: _____
- Module 4 Sign Up for an Ask the Expert Session Session Date: _____

Module 5: *Foundations of Treatment for Obesity*

Learning Objectives:

- Utilize a multicomponent approach to obesity management that includes lifestyle intervention, behavioral therapy, and pharmacologic treatment according to clinical practice guidelines.
- Conduct effective nutrition and physical activity counseling as part of an obesity management plan.

Module Activities:

- Module 5 Download Engagement Worksheet Completion Date: _____
- Module 5 Download Handouts Completion Date: _____
- Module 5 Clinical Webinar Completion Date: _____
- Module 5 Post-Test and Evaluation Completion Date: _____
- Module 5 Sign Up for an Ask the Expert Session Session Date: _____

Module 6: *Pharmacotherapy for Obesity*

Learning Objectives:

- Summarize the mechanisms of action, safety, efficacy, and dosing of medications for obesity.
- Initiate, monitor, and switch medications for obesity in appropriate patients according to clinical practice guidelines.

Module Activities:

- Module 6 Download Engagement Worksheet Completion Date: _____
- Module 6 Clinical Webinar Completion Date: _____
- Module 6 Decision Point Activity Completion Date: _____
- Module 6 Post-Test and Evaluation Completion Date: _____

- Module 6 Sign Up for an Ask the Expert Session Session Date: _____

Module 7: *Metabolic and Bariatric Surgery*

Learning Objectives:

- Identify patients who might be appropriate candidates for referral for metabolic and bariatric surgery.
- Facilitate pre- and post-care for metabolic and bariatric surgery in coordination with metabolic and bariatric surgery centers.

Module Activities:

- Module 7 Download Engagement Worksheet Completion Date: _____
- Module 7 Clinical Webinar Completion Date: _____
- Module 7 Post-Test and Evaluation Completion Date: _____
- Module 7 Sign Up for an Ask the Expert Session Session Date: _____

Module 8: *Documentation, Billing, and Coding*

Learning Objective:

- Effectively code office visits and document time in counseling and education for obesity management.

Module Activities:

- Module 8 Download Engagement Worksheet Completion Date: _____
- Module 8 Download Handouts Completion Date: _____
- Module 8 Clinical Webinar Completion Date: _____
- Module 8 Post-Test and Evaluation Completion Date: _____
- Module 8 Sign Up for an Ask the Expert Session Session Date: _____

Module 9: Office Visit Structures:

Breaking Down the Pillars of Obesity Management into Clinical Practice

Learning Objectives:

- Develop appropriate, individualized treatment plans for patients with obesity.
- Structure visits for obesity management over time in primary care.

Module Activities:

- | | |
|---|------------------------|
| <input type="checkbox"/> Module 9 Download Engagement Worksheet | Completion Date: _____ |
| <input type="checkbox"/> Module 9 Clinical Webinar | Completion Date: _____ |
| <input type="checkbox"/> Module 9 Decision Point Activity | Completion Date: _____ |
| <input type="checkbox"/> Module 9 Post-Test and Evaluation | Completion Date: _____ |
| <input type="checkbox"/> Module 9 Sign Up for an Ask the Expert Session | Session Date: _____ |

Final Certificate

Upon completion of all program requirements, you will receive a professional certificate from The Obesity Society. The certificate will be mailed approximately 6 weeks after program completion. This 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 or NACE at cme.questions@haymarketmedical.com. Our goal is to respond to all communications in a timely manner. However, responses may take up to two business days, depending on the volume of requests. For any technical issues with course delivery, please email cmetch@aapa.org or mycme.support@haymarketmedical.com.

Confidentiality and Copyright

Your participation in this course is confidential. 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 2024-2025 Obesity Management in Primary Care Professional Development & Certificate Program materials are copyrighted by AAPA, NACE, and TOS, and shall not be used

by participants outside of this course without written consent from AAPA, NACE, and TOS. To request use of materials outside of the program, please send a request in writing to obesitycertificate@aapa.org.

All materials developed for the 2024-2025 Obesity Management in Primary Care Professional Development & Certificate Program are for educational purposes only. Some materials denoted as provider/patient educational tools may be used in clinical practice. Please be mindful of disclaimers on all program handouts to ensure appropriate use.

Thank you for your decision to engage in the 2024-2025 Obesity Management in Primary Care Professional Development & Certificate Program! We appreciate your commitment to enhancing your skills in obesity management practice.