

obesity update

Learning Objectives for : February 6, 2021

Working with Public Health & Preventive Medicine to Help Address the Obesity Epidemic through Improved Community Environments.

Following this session, participants will be able to:

1. Explain how a community environmental approach can:
 - ⊖ prevent & manage epidemics such as obesity and their associated risks
 - increase physical activity levels and establish healthier diets
2. Employ practical everyday interventions to improve physical activity levels and healthy eating supports for patients with obesity
3. Support community environment improvement initiatives for physical activity and healthier food access currently in place in their province.

Diagnosis and Assessment of Obesity.

Following this session, participants will be able to:

1. assess the impact of both physician and patient-weight bias on the doctor-patient therapeutic relationship
2. apply classical chronic disease management approaches to obesity with ongoing monitoring as a standard component of the patient's treatment plan
3. diagnose obesity based on Body Mass Index (BMI) and recognize the limitations of BMI
4. stratify obesity-related functional health status/risk using the Nationally Adopted Edmonton Obesity Staging System (EOSS)
5. explain the impact of 5-15% weight loss on obesity-related co-morbidities
6. rank and align available treatment strategies-with weight loss expectations

The 10-Minute Office Visit- Facilitating Behavioural Change to Support Healthy Weight Loss.

Following this session, participants will:

1. evaluate a patient's nutritional needs to achieve healthy weight loss:
2. explain the pros and cons of various popular diets
3. assess the role of meal replacements in weight management
4. create an appropriate exercise prescription tailoring physical activity to the individual treatment plan
5. apply communication techniques to facilitate the initiation of conversations with patients about:
6. propose patient self-monitoring and assessment tools:

Tools and Templates for Obesity Practice.

Following this session, participants will be able to:

1. Employ various tools to make assessment faster and more straight-forward.
2. Select the most useful standard calculators/equations in obesity medicine and bariatric surgery to determine:
 - ideal body weight, protein needs, resting metabolism, an energy deficit diet
3. Employ Edmonton Adult Bariatric Specialty Clinic (EABSC) templates for the initiation and follow-up of medications commonly prescribed in obesity medicine

The Challenge of Weight Loss Maintenance.

Following this session, participants will be able to:

1. explain the pathophysiology of obesity
2. explain the common physiological barriers to weight loss maintenance
3. explain the mechanisms through which the brain defends against weight loss
4. Prioritize early intervention for chronic weight management accepting the long-term impact on disease trajectory