**CLINICAL ADVANTAGE BOOTCAMP: OBESITY MANAGEMENT FUNDAMENTALS**

**Introduction & Gaps**

**Introduction:** A survey of PCs and NPs identified practice barriers, including knowledge gaps on obesity care, lack of confidence in managing patients with obesity, time constraints, and a reluctance to discuss weight during routine visits. In a recent survey of physicians and gaps on obesity care, lack of confidence in managing patients with obesity, time constraints, interdisciplinary collaboration.

**Knowledge Gaps:**
- Knowledge gaps exist regarding the underlying etiology and pathophysiology of obesity.
- Risk factors contributing to adiposity-related comorbidities are not well recognized.
- The diagnosis, staging, and evaluation of patients with obesity remain lacking and inadequate.
- Significant knowledge gaps exist regarding guidelines and best practices for obesity treatment.
- NPs may not be aware of the most recent evidence-based strategies for obesity treatment.

**Program Information**

**Format:** Eight modules on-demand course and four podcasts hosted on NP Pulse: *The Voice of the Nurse Practitioner*.  

**Data Collected:** Changes in knowledge, confidence, self-reported changes in confidence and practice habits, and identification of remaining gaps.

**Measurements and analysis:** Questions were asked before and immediately after the activity. A 60-day follow-up survey was sent to those who completed the activity to identify any practice changes made. McNemar test for each multiple-choice knowledge/case question and frequency of use. Wilcoxon test for % correct knowledge/case questions and change in knowledge/competence per module.

**Program Changes Made**

Over the past 60 days, did you implement other new techniques or skills you didn’t use before?

- Began apprenticeship with obesity management certified physician
- Added obesity-specific labs, reviewed medications to identify obesogenic medications, created follow-up plans to discuss nutrition plan and Rx for anti-obesity medications.
- DLH meds [that] encourage weight gain, implementing meds that promote weight loss, discussing diet changes and exercises.
- Documentation/talking people-first language, having patients set goals using the pillars of treatment as a guide
- Explaining that obesity is a chronic disease process
- Improved communication, [and] understanding of weight-negative drugs, especially as it relates to diabetes meds and management
- Practiced talking about diet changes and weight goals and used people-first language with my friends and family
- Application for provider number to commence management of Obesity Telehealth service provision pending
- I am in the process of setting up my own lifestyle medicine education and coaching business. I also applied and had accepted a proposal for a 3-segment course on obesity through the Other Lifelong Learning Institute.
- Provision of comfortable sitting arrangements, seeking patient's approval to discuss obesity, provision of adequate scale and privacy
- Specifically looking at all BMIs to discuss with the patient if they will allow

**Learner Demographics**

**Change in Knowledge/Competence Per Module**

<table>
<thead>
<tr>
<th>Modules</th>
<th>Credit</th>
<th>Learners</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity as a Disease</td>
<td>1.13 CE</td>
<td>16,063</td>
</tr>
<tr>
<td>Pathophysiology</td>
<td>1.31 CE</td>
<td>4866</td>
</tr>
<tr>
<td>Evaluation and Diagnosis</td>
<td>1.31 CE</td>
<td>6366</td>
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<tr>
<td>Four Pillars of Treatment</td>
<td>1.92 CE</td>
<td>6245</td>
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<tr>
<td>Bariatric Surgery and Procedures</td>
<td>1.70 CE</td>
<td>1995</td>
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<tr>
<td>Motivational Interviewing</td>
<td>1.70 CE</td>
<td>1680</td>
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<tr>
<td>Practice Management Pt. 1</td>
<td>0.09 CE</td>
<td>1760</td>
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<tr>
<td>Practice Management Pt. 2</td>
<td>1.00 CE</td>
<td>1760</td>
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<tr>
<td>Practice Management Pt. 3</td>
<td>1.70 CE</td>
<td>1680</td>
</tr>
<tr>
<td>Creating a Treatment Plan</td>
<td>2.62 CE</td>
<td>1939</td>
</tr>
</tbody>
</table>

**60-Day Follow-up**

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**Faculty**

- Angie Golden, DNP, FNP-C, FAANP
- Christina Tovar, DNP, FNP-C, APNP
- Joy Papp, MSN, FNP, FNP-C, DNP, CFNP, FFACNP
- Kari Bjorkman, PA-C, MHS, FOMA
- Sandra Chiswell, MSN, ARNP, FAANP, FOMA
- Thomas Hort, PhD, RN, FNP-BC, FAANP

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