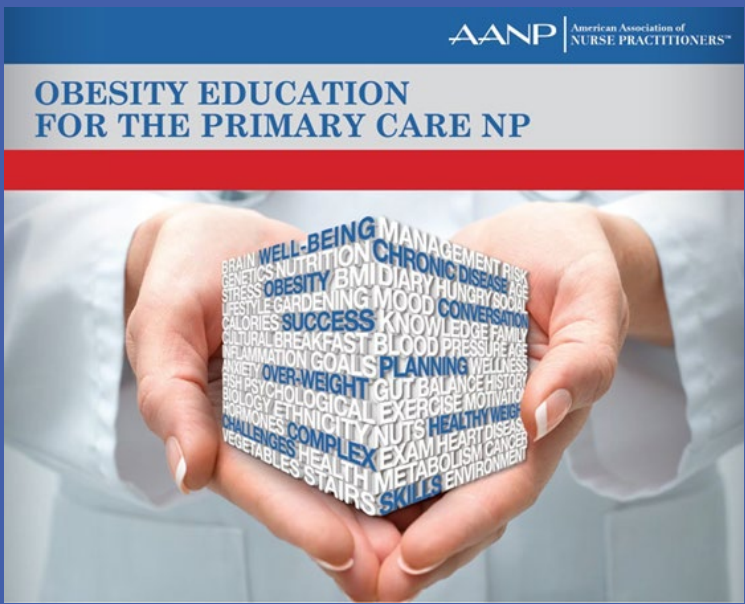


Transforming Healthcare for the Patient with Overweight & Obesity



Faculty:

Angela Golden, DNP, FNP-C, FAANP
Sandra Christensen, MSN, ARNP, FOMA



Activity Overview



Activity Goal: To provide NPs with the most current evidenced-based information for patient-centered management of obesity with an ultimate goal of improved health and quality of life for patients having overweight and obesity.



Design: 7 interactive online AANP-Accredited learning modules (each module offering 1.0 CH)



Support: This activity was made possible by a generous grant awarded by Novo Nordisk

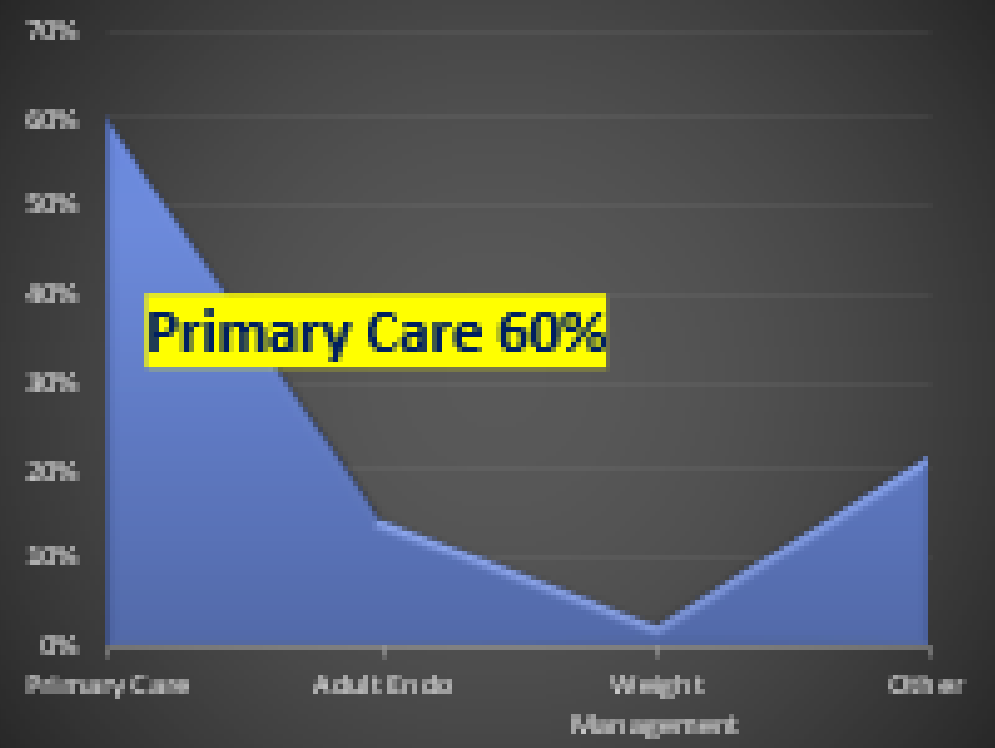
Overall Objectives

- Provide NPs with the most current data and information concerning evidence-based management of obesity.
- Empower NPs to improve the rate and effectiveness of their obesity interventions to ultimately increase the number of patients who are successful with weight loss and reduce the health burden of obesity.
- Enable NPs to formulate a patient-centered obesity management plan with pragmatic strategies and tools compatible with a busy health care environment.

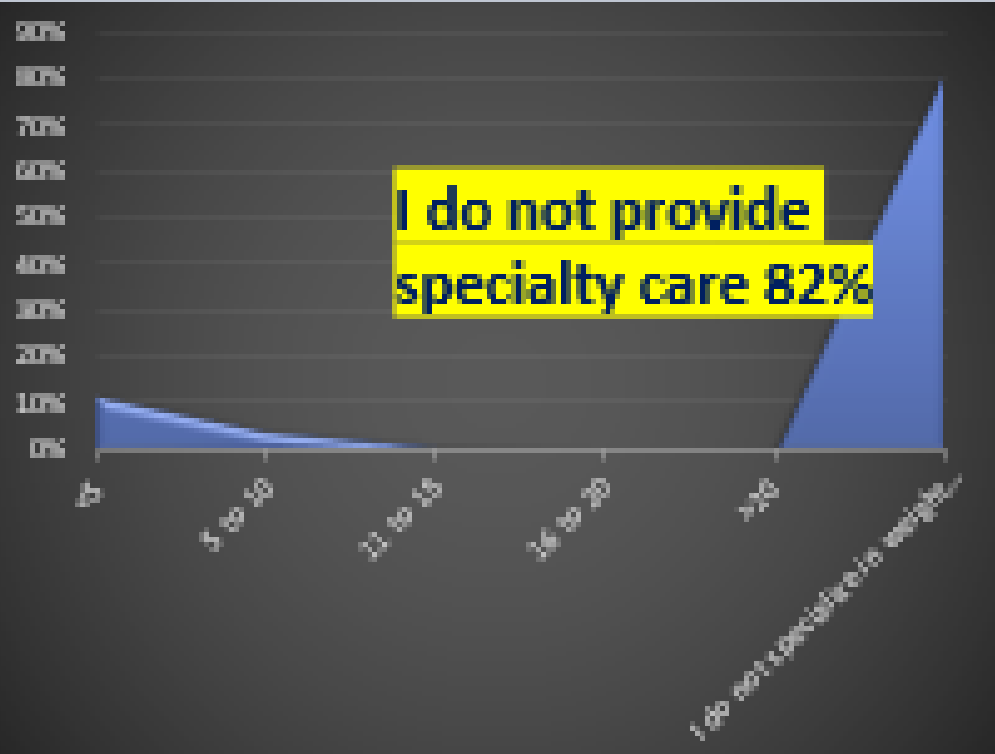
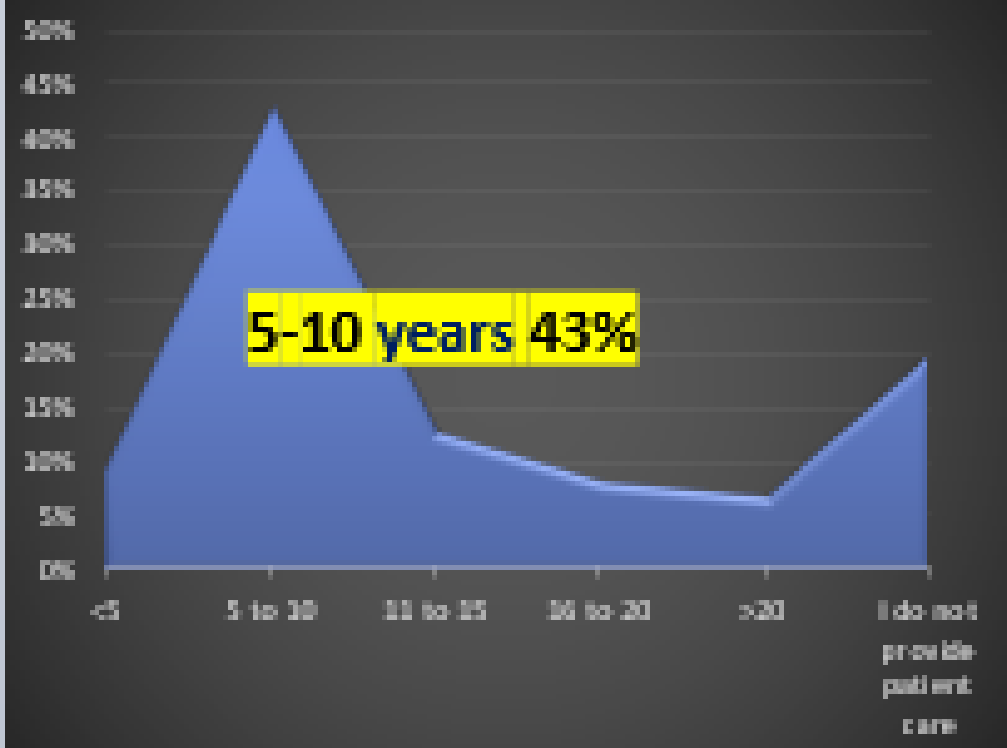
Learner Demographics

| TOTAL Learners | NP | Nurse/NP Student/Other |
|----------------|--------|------------------------|
| 15,236 | 13,864 | 1,372 |

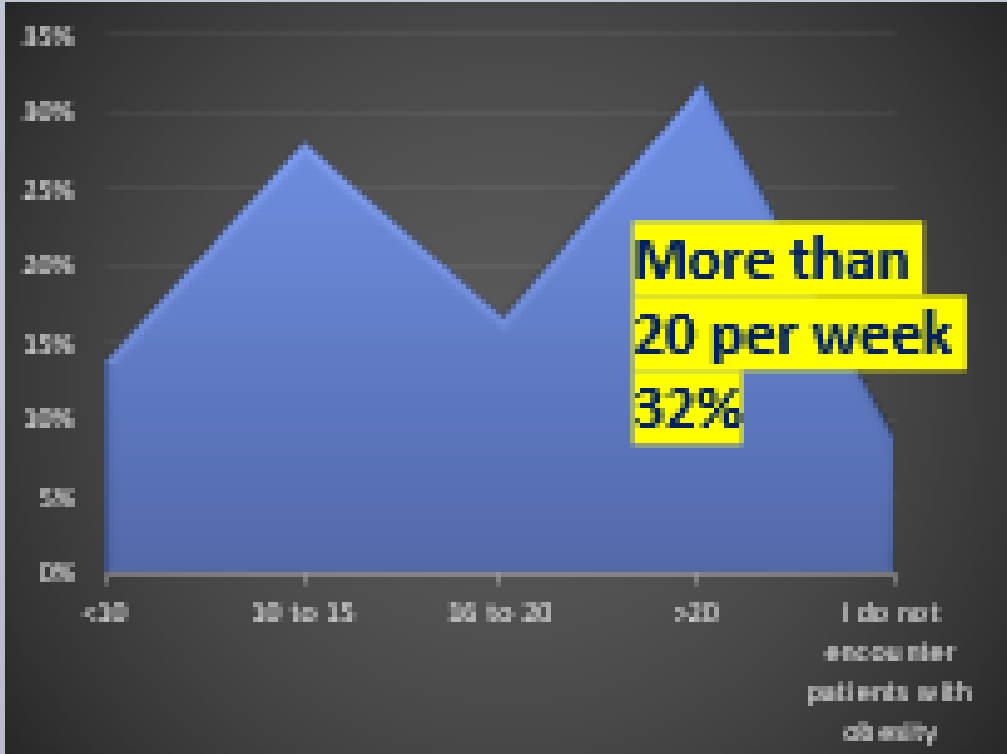
Practice Area



Years in Practice



Years of Specialty Management Experience



Number of Patients w/ Obesity Encounters per Week

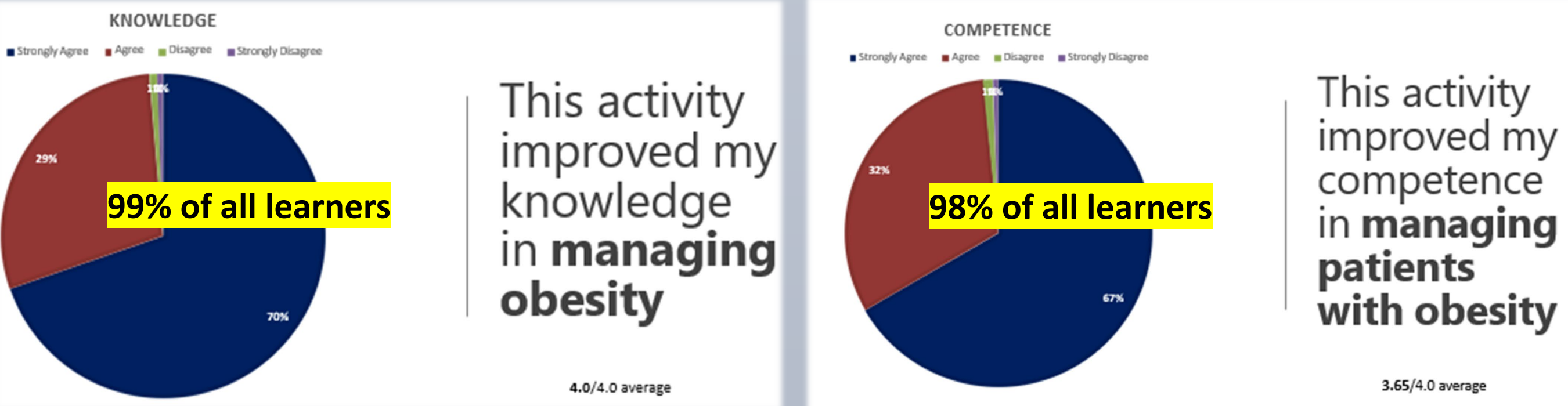
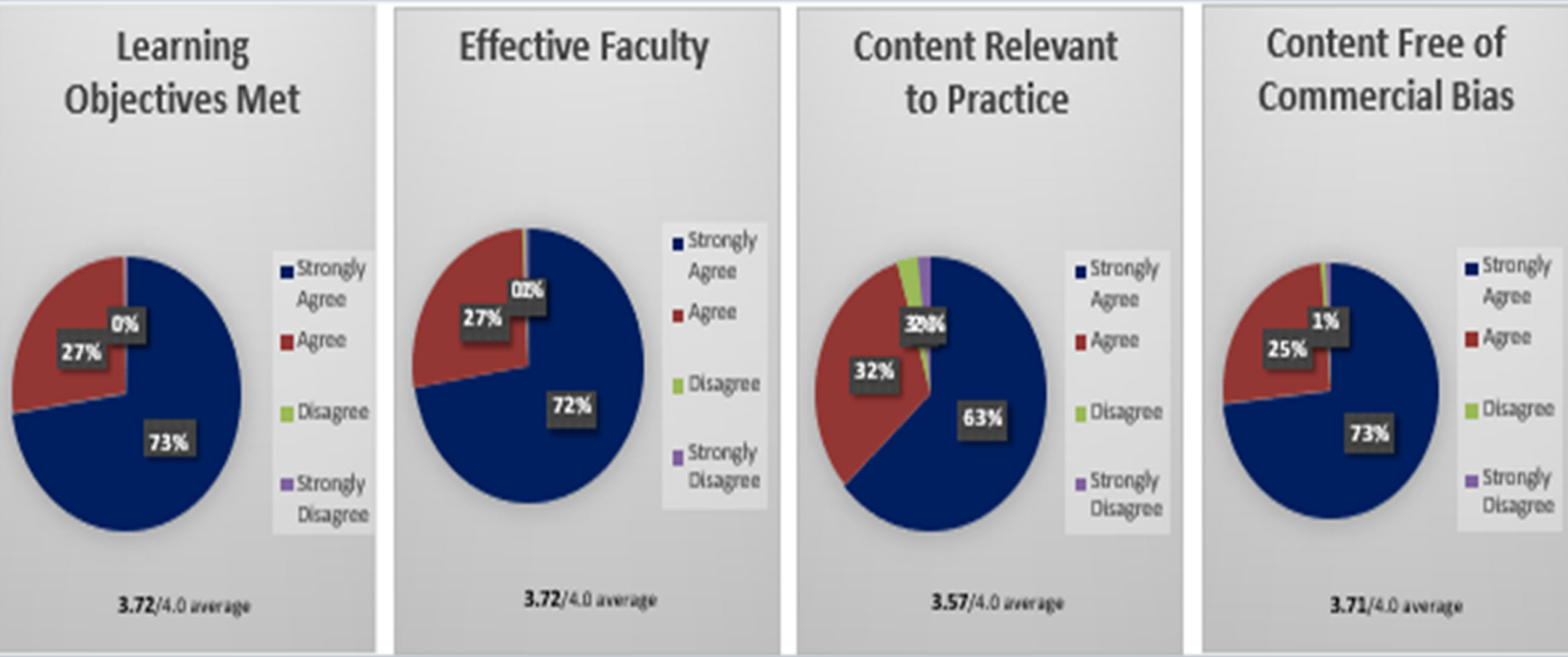
Outcome Methods

| Level | Measurement/Source of Data |
|---|---|
| Level 1 – Participation | Participants' Record of Attendance |
| Level 2 – Satisfaction | Questionnaire completed by participants after activity |
| Level 3A – Learning – Declarative Knowledge | Case-study Responses Posttests (Objective) Self-Report of Knowledge Gain (Subjective) |
| Level 3B – Learning – Procedural Knowledge | Case-study Responses Posttests (Objective) Self-Report of Knowledge Gain (Subjective) |
| Level 4 – Competence | Case-study Responses Self-Report of Competence (Subjective) Intent to Change (Subjective) |
| Level 5 – Performance | 90-day Follow-up Survey: Self-report of performance and behavior change (Subjective) |

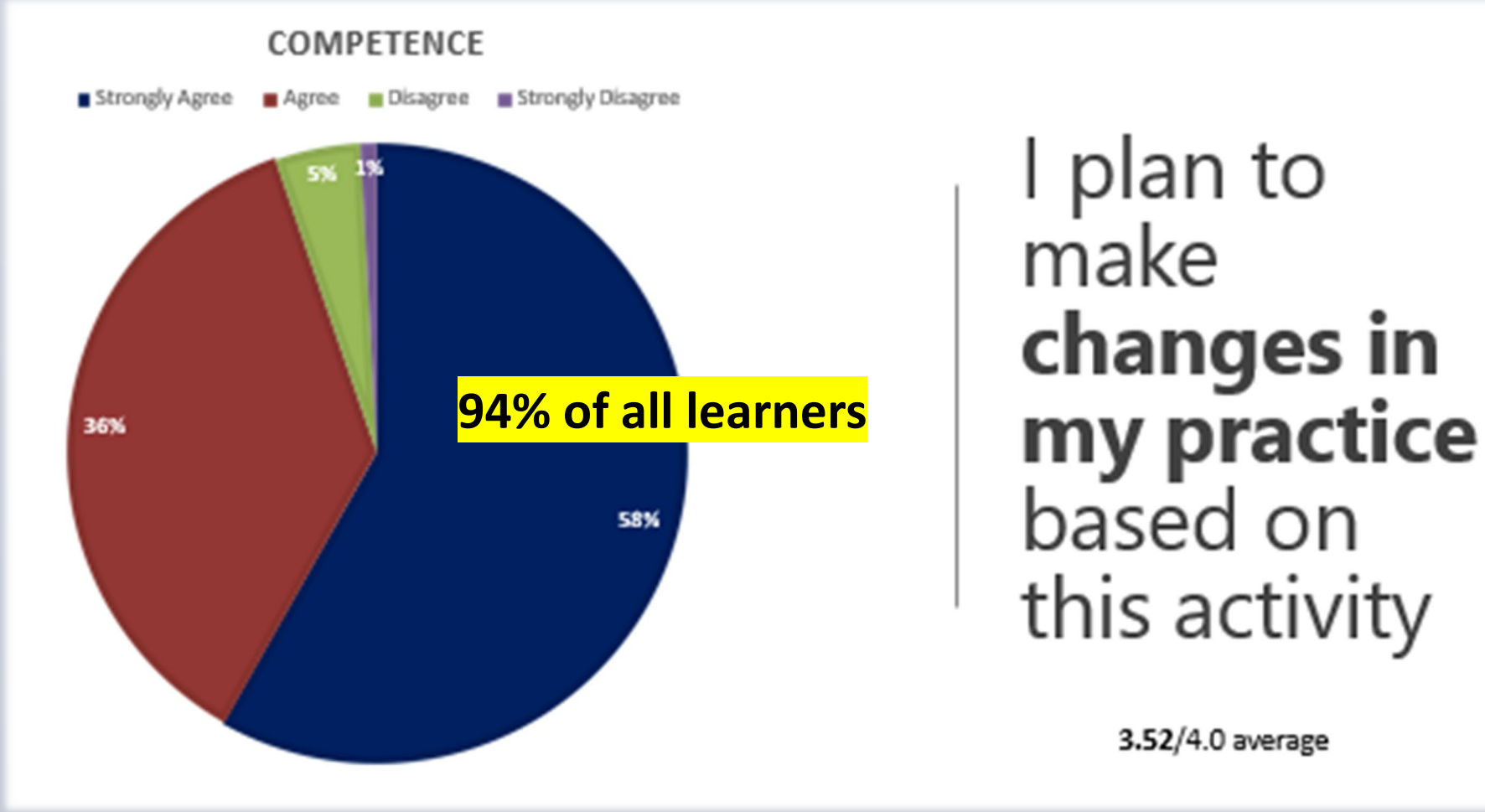
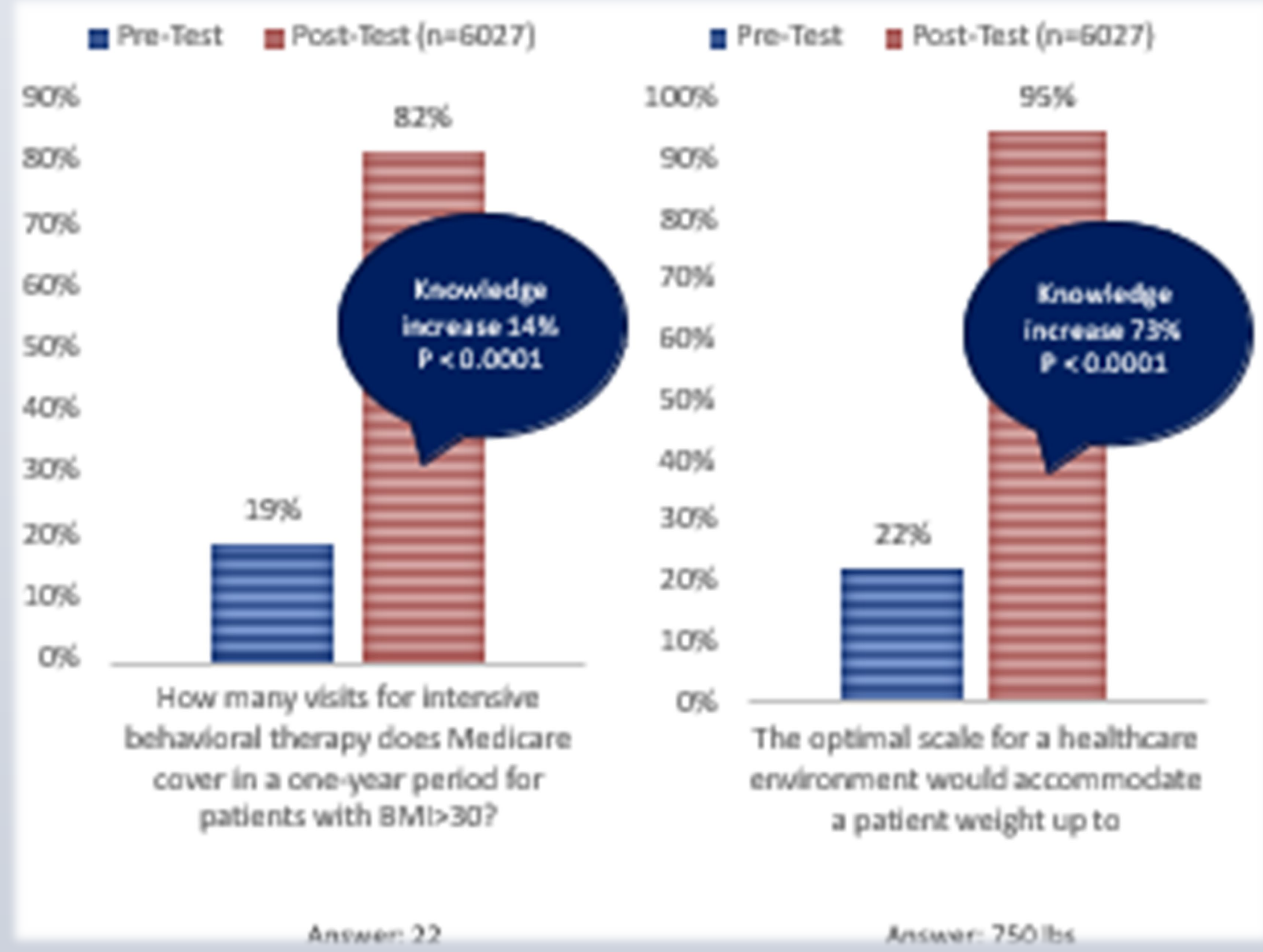
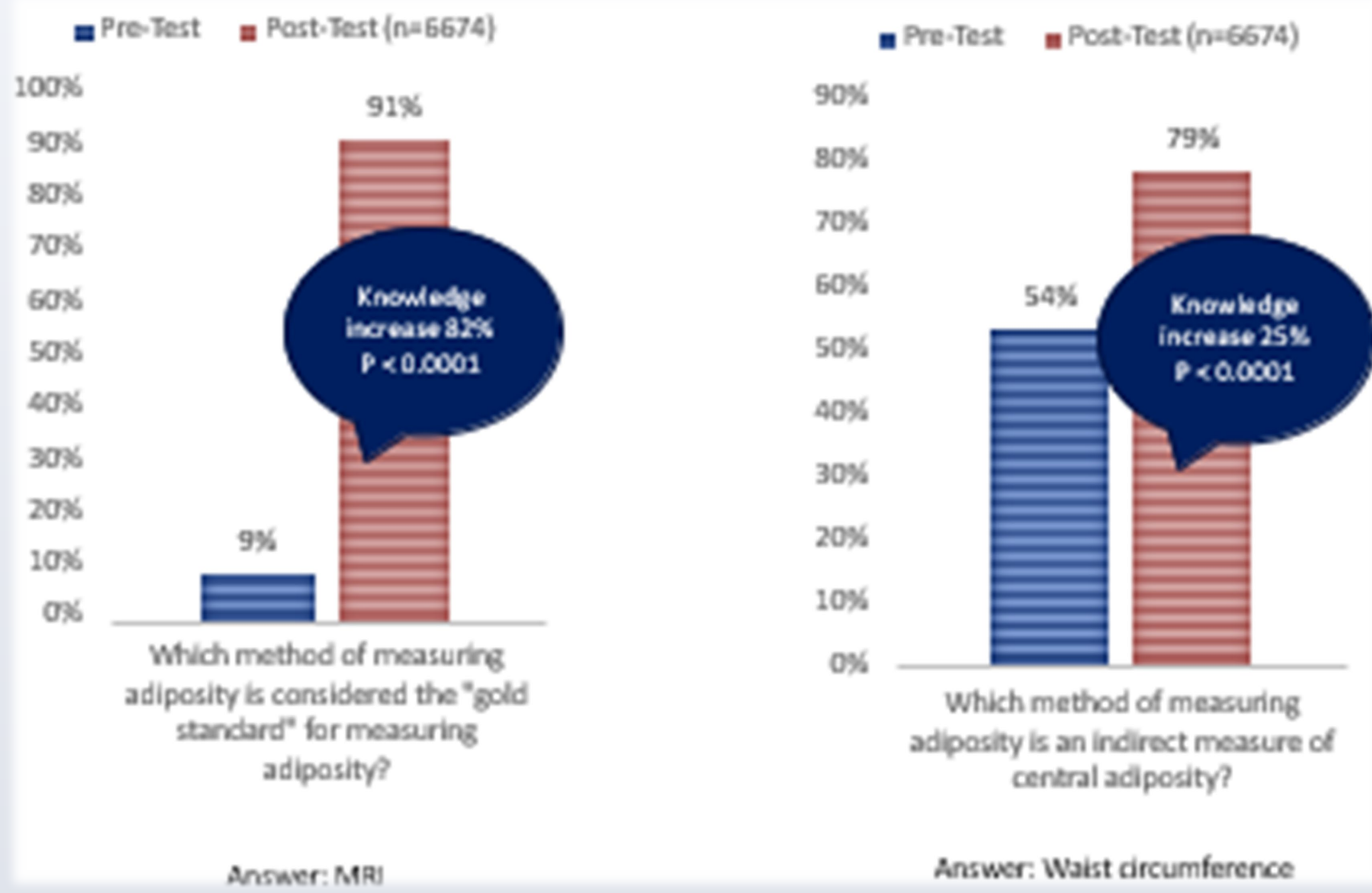
In order to evaluate the impact of the activity on knowledge, attitudes and practice behaviors, and to help assess whether the learning objectives had been achieved, participants were provided with a pre-and post-activity survey that was completed at the time of their participation. In addition, a follow-up survey was conducted via email to those who provided an opt-in email address approximately 90-days after the online participation to reinforce education, measure the participant's retention of knowledge gained from the activity and reported changes in behavior/performance. These surveys and the post-test addressed learning objectives and major gaps in knowledge and/or competence.

Overall Activity Snapshot

| Modules |
|--|
| 1: New Approaches to Adult Obesity and Overweight |
| 2: Evaluating the Patient Who Has Overweight or Obesity |
| 3: Partnering With Patients for Behavior Change |
| 4: Comprehensive Lifestyle Intervention |
| 5: Pharmacologic Therapy |
| 6: Bariatric Surgery and Devices |
| 7: Implementing Practice Changes to Support Effective Management |



Knowledge Change Pre- to Post-Activity Examples



After participating in this activity, which of the following would you consider doing now?

| | |
|---|-----|
| I plan to apply the knowledge learned to select, initiate, and advance appropriate injectable therapies to treat obesity. | 74% |
| My current practice has been reinforced by the information presented. | 18% |
| I need more information before I change my practice. | 2% |
| I do not provide direct patient care/this does not apply to my practice setting. | 6% |