


Module 7: Applying Foundations of Care When Obesity is the Chief Complaint

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Coaching Session with Angela Golden, DNP, FNP-C, FAANP

**OBESITY MANAGEMENT IN PRIMARY CARE
CERTIFICATE PROGRAM:**
A Practice Management & Leadership Training Program for PAs and NPs



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1

Goals

- Review clinical pearls from the Foundations of Care webinar.
- Answer questions about the clinical webinar.

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2

Agenda

PEARLS/review of clinical webinar	5 minutes
Q and A	35 minutes
Application to practice	15 minutes
Preparing for next steps	5 minutes

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3

PEARLS from Clinical Webinar

- Obesity is a multifaceted disease, which often requires multiple providers participating in care, and potential utilization of an obesity specialist or practices for complex cases when clinically appropriate.
- Keep it simple. Keep it realistic. Meet the patient where they are at. Negative perceptions may lead to clinical inertia.
- A weight history can provide the pattern and/or duration of obesity and impact therapeutic decision making.
- A nutrition recall provides context of patients' values and preferences.
- Screen for eating disorders using simple questionnaires and refer out if needed.
- Assessing between overeating and binge eating: Binge Eating has 5 specific criteria.
- Health psychology referrals can address biologic (sleep), social (family and friends), and psychological components of treatment.
- Be aware of the role of mental health, both in how symptoms impact health habits and how medications may be playing a role in maintaining obesity.
- Reconnecting with goals can assist with fatigue of ongoing treatment.
- Better over Best.

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4

Q and A

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Applying to Practice

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6

Applying to Practice: Case 1

- Obesogenic medications
- Matching

Obesogenic medication	Possible replacement
clozapine	lisinopril
glimepiride	zonisamide
gabapentin	empagliflozin
Propranolol	sertraline
paroxetine	aripiprazole

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7

Applying to Practice: Case 2

What treatment modalities match for the patient case?

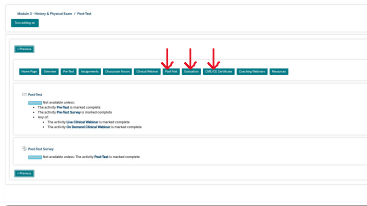
Patient Summary	Possible Treatment Modalities
BMI 29 w/o ORC	Lifestyle + pharmacotherapy + bariatric surgery
BMI 37 w/ORC OSA, T2DMs	Lifestyle Mngt
BMI 32 w/ORC GERD, HTN	Lifestyle Mngt + Pharmacotherapy
BMI 27 w/ORC HTN	Lifestyle + pharmacotherapy + bariatric surgery
BMI 42 w/ORC T2DMS, OA, GERD	Lifestyle + pharmacotherapy

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8

Action Items for Module 7

- Post Clinical Webinar 7 – Items **due by Friday July 23**
 1. Posttest
 2. Evaluation
 3. CME/CE Certificate
- Post Coaching Webinar
 - Coaches' Office Hours
 - **Any**
➢ Email for office hours
 - **Angie**
➢ Email for office hours if help needed this month



Please be sure to complete posttests and evaluations before for each module. Failure to complete these, will result in you not being able to obtain your final program certificate from TOS.

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9

What is Next

- Complete the **Module 8 Pretest** *prior to* the **Clinical Webinar 8 8/10/2021 7pm ET**
 - Set goal to complete by 8/6/2021
 - **After you complete the pre-test, then begin Module 8 "Assignments"** (e.g., pre-read articles). You can start these immediately after the pre-test.
- **Module 8 Coaching webinars** dates:
 - **PAAs (Coach Army) - 1 ½ hour session**
 - Tuesday 8/24/2021 7pm-830pm ET
 - Please email Coach Army if this date/time does not work for you
 - **NPs (Coach Angle)**
 - 8/24/2021 12pm ET
 - 8/24/2021 6pm ET
 - 8/24/2021 9pm ET

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10