Obesity Medicine Association Education Syllabus
Health Professional Students

Course Title: Obesity Medicine Health Professional Student Education – Study Material

Course Requirement: Access to the Obesity Medicine Association online education program.

Required Journal Article Reading

Recommended Textbooks:

OMA Course Resources
2. Obesity Medicine Association’s Obesity Algorithm eBook https://obesitymedicine.org/obesity-algorithm/
3. Adult Obesity Algorithm 2020: A de
https://obesitymedicine.org/obesity-algorithm/
Obesity competencies for medical education were produced by the Obesity Medicine Education Collaboration (OMEC). OMEC consisted of 36 members from 12 professional societies which developed 32 competencies across the ACGM domains. Each competency has 5 associated benchmarks intended to evaluate learner progress from student to specialist. The competencies were published in Obesity in July, 2019.


An instructional toolkit on utilizing the obesity medicine competencies including a full list of the competencies and associated benchmarks is available with cost from the Obesity Medicine Association website at: [https://obesitymedicine.org/omec/](https://obesitymedicine.org/omec/)

### Obesity Core Domains and Associated Competencies

<table>
<thead>
<tr>
<th>A. Practice-Based Learning and Improvement</th>
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<tbody>
<tr>
<td>1. Evaluates strengths and deficiencies in knowledge of obesity medicine and set and achieve goals for improvement</td>
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<td>2. Analyzes practice systems using quality improvement methods to monitor and optimize obesity care</td>
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<td>3. Utilizes resources to locate, interpret and apply evidence from scientific studies regarding obesity treatment and its co-morbidities</td>
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<td>4. Uses evolving information technology related to obesity treatment to optimize delivery of care including EHR's, software applications and related devices (i.e. accelerometers, and resting metabolic rate/body composition analysis technology)</td>
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<td>5. Effectively educates patients, students, residents, and other health professionals on the disease of obesity</td>
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<th>B. Patient Care and Procedural Skills</th>
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<td>1. Elicits comprehensive obesity focused medical history</td>
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<td>2. Performs and documents comprehensive physical examination for the assessment of obesity</td>
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<td>3. Effectively applies clinical reasoning skills when ordering and interpreting appropriate laboratory and diagnostic tests during the evaluation of patients with obesity</td>
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<td>4. Utilizes evidence-based models of health behavior change to assess patient’s readiness to change to effectively counsel patients for weight management</td>
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<td>5. Engages the patient and their support systems in shared-decision making by incorporating their values and preferences in the development of a comprehensive personalized obesity management plan</td>
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### C. System-Based Practice

1. Works collaboratively within an interdisciplinary team dedicated to obesity prevention and treatment strategies

2. Advocates for policies which are respectful and free of weight bias

3. Utilizes chronic disease treatment and prevention models to advance obesity intervention and preventive efforts within the clinical, community, and public policy domains

4. Describes the costs of obesity intervention and prevention with regards to the individual, the healthcare system, and the community

### Medical Knowledge

1. Demonstrates knowledge of obesity epidemiology

2. Demonstrates knowledge of energy homeostasis and weight regulation

3. Demonstrates knowledge of anthropometric (body composition) measurements and clinical assessments of energy expenditure

4. Demonstrates knowledge of the etiologies, mechanisms and biology of obesity

5. Demonstrates knowledge of obesity-related comorbidities and the corresponding benefits of BMI reduction

6. Applies knowledge of the principles of primary, secondary, and tertiary prevention of obesity to the development of a comprehensive personalized obesity management care plan

7. Applies knowledge of obesity treatment guidelines to the development of a comprehensive personalized obesity management care plan

8. Applies knowledge of using nutrition interventions to develop a comprehensive personalized obesity management care plan

9. Applies knowledge of using physical activity interventions to develop a comprehensive personalized obesity management care plan

10. Applies knowledge of using behavioral interventions to develop a comprehensive personalized obesity management care plan

11. Applies knowledge of the pharmacological treatments of obesity as part of a comprehensive personalized obesity management care plan

12. Applies knowledge of the surgical treatments of obesity as part of a comprehensive personalized obesity management care plan

13. Applies knowledge of emerging treatment modalities for obesity to the development of a comprehensive personalized obesity management care plan

### E. Interpersonal and Communication Skills

1. Uses appropriate language in verbal, nonverbal, and written communication that is non-biased, non-judgmental, respectful and empathetic when communicating with patients with obesity
Uses appropriate language in verbal, nonverbal, and written communication that is non-biased, non-judgmental, respectful and empathetic when communicating about patients with obesity with colleagues within one’s profession and other members the healthcare team.

Demonstrates awareness of different cultural views regarding perceptions of desired weight and preferred body shape when communicating with the patient, family and other members of the healthcare team.

**F. Professionalism**

1. Demonstrates ethical behavior and integrity when counseling patients and their families who are living with overweight or obesity.

2. Displays compassion and respect toward all patients and families who are living with overweight or obesity.

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**Learning Objectives**

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<tr>
<th>A. Assessment</th>
<th>Obesity Core Competencies</th>
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**B. Nutrition**

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### C. Physical Activity

1. Explain the benefits of physical activity improvement  
   - MK 9
2. Identify the latest Physical Activity Guidelines  
   - MK 7
3. Provide physical activity recommendations for the treatment of obesity  
   - MK 9
4. Recommend an exercise prescription  
   - MK 9

### D. Behavioral Therapy

1. Explain how behavior influences appetite  
   - MK 2
2. Describe the role of neuromodulators in cognitive choice  
   - MK 2
3. Utilize tools for behavioral therapy in the patient with obesity  
   - MK 10, PCPS 4
4. Explain the impact of sleep disturbances on weight  
   - MK 10
5. Identify some common eating disorders  
   - MK 5

### E. Pharmacotherapy

1. Explain the rationale for using anti-obesity medication  
   - MK 2
2. Identify approved anti-obesity medications  
   - MK 11, MK 3
3. Recognize side effects and drug interactions of anti-obesity medications  
   - MK 11
4. Identify medications that promote weight gain and their alternatives  
   - MK 11

### F. Case Study

1. Describe the patient history components relevant to obesity  
   - PCPS 1
2. Identify the patient physical components relevant to obesity  
   - PCPS 2
3. Interpret laboratory testing in the patient with obesity  
   - PCPS 3
4. Develop an appropriate diagnosis list in a patient with obesity  
   - MK 7
5. Develop an appropriate treatment plan in a patient with obesity  
   - PCPS 5

### G. Skills

1. Assign weight status based on BMI  
   - MK 3
2. Engage in appropriate discussion of obesity with patients  
   - IPCS 1
3. Apply the 5A’s model for patient interviewing  
   - PCPS 4, 5
4. Apply the essential history and physical exam components to an obesity evaluation  
   - PCPS 1
5. Recommend the essential diagnostic tests used in evaluation the patient with obesity  
   - MK 7, PCPS 3
6. Read nutrition labels  
   - MK 8
7. Utilize shared decision making in establishing a treatment plan  
   - PCPS 5
8. Develop a nutrition plan to treat obesity  
   - MK 8
9. Recommend an exercise prescription  
   - MK 9
10. Apply components of motivational interviewing and cognitive behavioral therapy in patient care  
    - MK 10
11. Make appropriate anti-obesity medication recommendations  
    - MK 11
12. Develop a comprehensive obesity treatment plan  
    - MK 13, PBLI 4, MSK 12
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<tr>
<th>Key</th>
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<tbody>
<tr>
<td>PCPS</td>
<td>Patient Care and Procedural Skills</td>
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<tr>
<td>MK</td>
<td>Medial Knowledge</td>
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<td>PBLI</td>
<td>Practice-Based Learning and Improvement</td>
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<td>IPCS</td>
<td>Interpersonal and Communication Skills</td>
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<td>P</td>
<td>Professionalism</td>
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<td>SBP</td>
<td>Systems-Based Practice</td>
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<td>Week</td>
<td>Required Reading</td>
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| **Week 1** | Chronic Disease of Obesity 7-16; 21-26; 28-60 Assessment and Evaluation 61-73; 84-91 | **Basic Sciences and Assessment Lectures on Obesity**  
  - Introduction to the Obesity Medicine Course for Health Professional Students  
  - Understanding Obesity  
  - Pathophysiology Part 1  
  - Pathophysiology Part 2  
  - Confronting Biologic Adaptations to Weight Loss  
  - Adiposity-Related Disease: Consequences or “Comorbidities”  
  - Metabolic Syndrome and Insulin Resistance  
  - Obesity and Lipid Disorders  
  - Treat the Roots, Not the Fruits of Obesity |
| **Week 2** | Nutrition 101-122  
  Physical Activity 123-128  
  Behavior 129-156 | **Nutrition Intervention**  
  - Fundamentals – Nutrition  
  - Creating a Meal Plan for Patients with Obesity  
  - Eating Patterns for Weight Management  
  - Meal Replacement Strategies in a Comprehensive Weight Management Program  
  - Nutrition Case Study: Evidence for Current Eating Plans and Helping Patients Make the Choice  
  - Nutrition Case Study: Impacting Type 2 Diabetes  
  **Physical Activity**  
  - Fundamentals – Physical Activity  
  - Webinar – Evaluating Risk for Physical Activity Prescriptions |
| **Week 3** | Mediation 157-159; 167-174; 177-196 Obesity Disease State 199-212; 216-223; 226-262 | **Physical Activity**  
  - Exercise Physiology  
  - Physical Activity Case Study: Overcoming Barriers to Activity  
  - Physical Activity Case Study: Physical Activity Strategies for Patients with Obesity  
  **Behavioral Therapy**  
  - Fundamentals – Behavioral Therapy  
  - Bias and ACTION: Overcoming Barriers to Effective Obesity Care  
  - Motivational Interviewing: What, Why & How  
  - Behavior Case Study: Using MI and CBT in Obesity Treatment  
  - Behavior Case Study: Managing Overeating – Using CBT in Weight Management |
| **Week 4** | Obesity Myths 263-288  
  Bariatric Surgery 313-354 | **Pharmacotherapy**  
  - Fundamentals – Medication  
  - Mechanism of Anti-obesity Medications  
  - Medication-induced Weight Gain  
  - Pharmacotherapy Case Study  
  **Additional Topics (3 hours)**  
  - Writing a Lifestyle Prescription  
  - Review Course: Pediatric Obesity  
  - Review Course: Bariatric Surgery |
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