



CAMPBELL
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College of Pharmacy
& Health Sciences

TIPPING THE SCALES: OBESITY UPDATE



Registration Fee EARLY BIRD \$45

Reserve your space online at: <https://cmetracker.net/CAMPBELL/Catalog>

Includes Breakfast, lunch, 6 hours continuing education credit

April 21, 2018
8:30 AM – 4:00 PM

PINEHURST RESORT
PINEHURST, NC

Jointly Provided by

Campbell University Community Pharmacy Institute
Campbell University CPHS Office of Continuing Professional Education



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Symposium Description

As obesity rates continue to rise across the US, it is important for healthcare providers to remain current on medications and techniques available to treat patients with obesity. This live seminar will equip pharmacists with information on obesity as a chronic disease and best practices for treatment and management of patients with diabetes and obesity. Participants will also learn principles surrounding nutritional recommendations for patients with obesity. They will then apply this knowledge to patient cases, using motivational interviewing strategies as a tool for encouraging behavior change.

Who Should Attend

The target audience includes pharmacists and other health care professionals with an interest in nutrition, diet and obesity management.

Objectives

Upon completion of this knowledge-based program the participant should be able to:

- ❖ List the many causes of obesity
- ❖ Enhance skills for assessing a patient with obesity
- ❖ Troubleshoot complicating factors in treating patients with obesity
- ❖ Describe adaptive thermogenesis and its role in treating obesity
- ❖ Develop long-term strategies for treating obesity
- ❖ Identify the 6 essential nutrients for proper health and the foods that belong in each group
- ❖ List proper nutrition to treat obesity
- ❖ How to overcome barriers to healthy nutrition
- ❖ How to motivate others to eat healthy and what they can recommend
- ❖ How fad diets can contribute and sabotage weight loss efforts.
- ❖ Describe the development of type 2 diabetes as a consequence of obesity
- ❖ Discuss recommendations for the comorbid management of obesity and type 2 diabetes
- ❖ Develop a treatment plan for a patient with type 2 diabetes who is also obese
- ❖ Describe the stages of behavior change
- ❖ Discuss how health literacy impacts behavior change
- ❖ Utilize open-ended questions to determine when a patient might be willing to make a change in behavior
- ❖ Counsel a patient on weight loss using motivational interviewing technique



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Agenda

- 8:30 Registration / Breakfast
- 8:50 **Welcome/Opening Remarks**
- 9:00 **Peeling the Onion: Uncovering the Layers of Complexity in Obesity Treatment and Long-term Treatment of Obesity**
Nicholas Pennings, DO, FOMA
- 10:30 Break
- 10:45 **Treating Obesity with Proper Nutrition**
Karen Gleason, RD
- 12:15 Lunch
- 1:00 **Obesity and Diabetes: The Twin Epidemic**
Elizabeth Mills, PharmD
- 2:30 **Behavior Change and Motivational Interviewing**
J. Andrew Bowman, PharmD
- 3:30 Adjourn



Faculty

FACULTY/SPEAKERS

J. Andrew Bowman, Pharm.D., RPh

Director of Continuing Professional Education
Clinical Assistant Professor Pharmacy
Practice
Campbell University College of Pharmacy &
Health Sciences
Buies Creek, NC

Karen Gleason, MBA, RD, LDN

At Home Nutrition, LLC

Elizabeth Mills, Pharm.D.

Clinical Assistant Professor Pharmacy
Practice
Campbell University College of Pharmacy &
Health Sciences
Clinical Pharmacist
Benson Area Medical Center
Benson, North Carolina

Nicholas Pennings, DO, FOMA

Director Campbell University Health Center
Chair and Assistant Professor Family Medicine
Board Certified in Family Medicine and
Obesity Medicine
School of Osteopathic Medicine | Campbell
University

Katie Trotta, Pharm.D.

Campbell University, College of Pharmacy &
Health Sciences
Clinical Assistant Professor of Community
Pharmacy Practice
Pharmacy Manager, CU Health Center
Pharmacy
Director, Baggett Wellness Institute
Buies Creek, NC

Credit/Registering

ACPE



Campbell University College of Pharmacy & Health Sciences is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education credit.

ACPE# 0088-0000-18-029-L01-P/ 0088-0000-18-029-L01-T is accredited for 6 contact hours of continuing pharmacy education credit. To receive CE credit, sign in at the registration desk upon arrival at the program and complete the online evaluation no later than 60 days of the program date. Participants must attend the entire session to receive CE credit. Statements of credit can be viewed and printed from CPE Monitor.

Registration Information

Pre-registration is required to assure space in this program. EARLY BIRD \$45 until April 1st
REGULAR \$59 after April 1st

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Online registration is available at <https://cmetracker.net/CAMPBELL/Catalog>

For further information, contact Samantha Clinton at 910-814-4784

