

# 2024 NCS-ACOFW Winter Conference Schedule

## March 2, 2024

### Raleigh NC

Time	Topic	Speaker
7:30 – 8:00	Registration and Breakfast	
8:00-8:20	Obesity Medicine & Nutrition overview	Nicholas Pennings, DO
8:20-8:40	Nutrition case 1	Nicholas Pennings, DO & Karen Gleason, RD
8:40-9:00	Nutrition case 2	Nicholas Pennings, DO & Karen Gleason, RD
9:00-9:20	Physical Activity Case 1	Brian Neville, DPT
9:20-9:40	Behavior case 1	Tiffany Lowe-Clayton, DO
9:40-10:00	Behavior case 1	Tiffany Lowe-Clayton, DO
10:00 - 10:30	Break and Visit with Exhibitors	
10:30-10:50	Q&A	
10:50-11:10	Medication case 1	Elizabeth Mills, PharmD
11:10 - 11:30	Medication case 2	Morgan Woods, DO and Shelby Rhyne, DO
11:30-11:50	Medication case 3	Rebecca Manganello, DO
11:50-12:10	Bariatric surgery case 1	Ian Villanueva, MD
12:10-12:30	Bariatric surgery case 2	Ian Villanueva, MD
12:30-1:00	Q&A and Visit with Exhibitors	

**Title:** Real-World Treatment of Obesity - Case-Based Presentations

**Location:** Norman Wiggins School of Law, Raleigh NC

#### Course Description

The prevalence of obesity continues to rise often resulting in serious health consequences. The development of newer, high-potency medications for the treatment of obesity has drawn increased attention to treating obesity with more patients seeking obesity treatment from primary care providers. This case-based medical education program will focus on practical strategies for treating obesity addressing the role of nutrition, physical activity, behavioral therapy, pharmacotherapy, and bariatric surgery. The program is intended to enhance provider skills and comfort level when treating patients with obesity. The conference will offer 4.5 Category 1 -A AOA CME credits.

#### Learning Objectives

##### Nutrition

- Distinguish between different nutritional interventions.
- Apply a patient-centered approach to developing a dietary plan.
- Manage nutritional challenges with potent anti-obesity medications.

##### Physical activity

- Apply the Physical Activity Guidelines for Americans to patient care.
- Discuss physical activity recommendation with patients.
- Develop strategies to overcome physical activity limitation in patients.

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#### Behavior therapy

- Effectively and empathetically communicate obesity treatment with patients.
- Identify social and cultural barriers to obesity treatment.
- Recognize and address eating disorders in patients with obesity.

#### Pharmacotherapy

- Identify weight promoting medications and their alternatives.
- Describe the effects on anti-obesity medications on the pathophysiology of obesity.
- Utilize anti-obesity medications in the treatment of obesity.

#### Bariatric surgery

- Identify indications for bariatric procedures.
- Describe commonly used bariatric procedures.
- Recognize common complications to bariatric procedures.
- Indicate appropriate testing for nutritional deficiencies after bariatric surgery.

#### Accreditation

**CME- 4.5: AOA Cat. 1A**

**The Campbell University School of Osteopathic Medicine designates this live activity for a maximum 4.5 AOA Category 1A Credits.** Physicians should claim only the credit commensurate with the extent of their participation in the activity. The Campbell University Jerry M. Wallace School of Osteopathic Medicine is accredited by the American Osteopathic Association to provide continuing medical education for physicians.

**Note: Physician Assistants** may claim Category 1 CME credit for activities that are accredited to meet the AOA Category 1-A Credit designation by the AOA and its accredited sponsors.

#### ACPE Knowledge-based-Contact - 4.50

Campbell University College of Pharmacy & Health Sciences designates this live activity for 4.50 ACPE Knowledge-based Contact hours. The Campbell University College of Pharmacy & Health Sciences is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education.

#### AMA 2-A Credit: 4.5

AMA PRA Category 2 Credit™ is self-designated and claimed by individual physicians for participation in activities not certified for AMA PRA Category 1 Credit™.

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