

LESSON PLAN

Session		
Course Title: Obesity and weight management		Module/Unit Title: Obesity and weight management
Group Size: 8 max	Location: face to face and online	Duration: 6 hours

Learner Details
Relevant Prior Knowledge and Experience: Registered Healthcare Professionals

Organisational Factors
<p>Type of Venue: Small Lecture room suitable for discussions</p> <p>Room Requirements and Layout: Ideally circular table or Board room style</p> <p>Web Conferencing Access (if online training): Link. Instructions and link to join course provided prior to course.</p> <p>Health and Safety Considerations: Inform learners of toilet location and planned breaks and refreshments. Brief learners on emergency procedure including fire alarm, evacuation routes and fire assembly point.</p> <p>Equal Opportunity Issues (such as language differences): Will only be available to licenced healthcare professionals from the UK.</p>

Aim of the Course	
To upskill healthcare professionals in the UK to enable them using evidenced based methods to consult, assess, treat and follow up safely the management of people living with overweight and obesity.	
Obj.	Learner Objectives
No.	<i>By the end of the session, participants should be able to:</i>
1	Understand obesity prevalence
2	Explain the definition of obesity and how to diagnose and strengths and weaknesses of measurements of obesity
3	Understand the health risks of living with obesity
4	Explain the causes and drivers of obesity
5	Understand the importance of physical activity
6	Describe energy balance and its drivers
7	Understand energy intake and how it is regulated
8	Describe what happens after weight loss
9	Be comfortable in introducing weight management into the consultation
10	Understand the NICE guidelines
11	Be comfortable in giving diet and exercise advice
12	Understand and be comfortable with safely prescribing all pharmacotherapy options in the UK. Understanding the mechanism of action, efficacy and clinical trials, dosing, side effects and adverse events in the clinical trials and follow up. Warnings and contraindications
13	Understand how to consult and introduce the common side effects with the aim of mitigation
14	Safely manage common questions and queries arising from the follow up consultation

Time	Obj.No. / Content	Trainer Activity	Learner Activity	Resources	Assessment
5 mins	Welcome and Housekeeping Introduce aims and objectives	Introduce trainer Discuss aims of the session	Questions and answers Listening	PowerPoint slides 1-4	Assessment on page 4 Tutor observation
20	Understand obesity prevalence	Presentation and explanation	Listening, taking notes, discussion	PowerPoint slides 5-9	Oral Questions and discussion slide 9
20	Explain the definition of obesity and how to diagnose and strengths and weaknesses of measurements of obesity	Presentation and discussion	Listening, taking notes, discussion	PowerPoint slides 10 -16	Oral Questions and discussion slide 16
15	Understand the health risks of living with obesity	Presentation, explanation and discussion	Listening, taking notes, discussion	PowerPoint slides 17 -21	Oral Questions and discussion slide 21
20	Explain the causes and drivers of obesity	Presentation, explanation and discussion	Listening, taking notes, discussion	PowerPoint slides 22 - 26	Oral Questions and discussion slide 40
20	Understand the importance of physical activity	Presentation, explanation and discussion	Listening, taking notes, discussion	PowerPoint slides 27 -30	Oral Questions and discussion slide 40
20	Describe energy balance and its drivers	Presentation, explanation and discussion	Listening, taking notes, discussion	PowerPoint slides 31 - 32	Oral Questions and discussion slide 40

20	Understand energy intake and how it is regulated	Presentation, explanation and discussion	Listening, taking notes, discussion	PowerPoint slides 33 - 36	Oral Questions and discussion slide 40
10	Describe what happens after weight loss	Presentation, explanation and discussion	Listening, taking notes, discussion	PowerPoint slides 37 -40	Oral Questions and discussion slide 40
30	Be comfortable in introducing weight management into the consultation	Presentation, explanation and discussion	Listening, taking notes, discussion	PowerPoint slides 41 - 67	Oral Questions and discussion throughout
10	Understand the NICE guidelines	Presentation, explanation and discussion	Listening, taking notes, discussion	PowerPoint slides 68 -70	Oral Questions and discussion throughout
15	Be comfortable in giving diet and exercise advice	Presentation, explanation and discussion	Listening, taking notes, discussion	PowerPoint slides 71 - 75	Oral Questions and discussion slide 75
90	Understand and be comfortable with safely prescribing all pharmacotherapy options in the UK. Understanding the mechanism of action, efficacy and clinical trials, dosing, side effects and adverse events in the clinical trials and follow up. Warnings and contraindications	Presentation, explanation and discussion	Listening, taking notes, discussion	PowerPoint slides 76 - 137	Oral Questions and discussion throughout
20	Understand how to consult and introduce the common side effects with the aim of mitigation. Practicalities.	Presentation, explanation and discussion	Listening, taking notes, discussion	PowerPoint slides 77 - 137	Oral Questions and discussion throughout

60	Safely manage common questions and queries arising from the follow up consultation including device demonstration	Presentation, explanation and discussion	Listening, taking notes, discussion	PowerPoint slides 138 - 146	Oral Questions and discussion slide 146
60	Discussions and Q&A	Discussion	Listening and discussion		Discussion