

OVERVIEW OF OBESITY SKILLS COURSE

A/Prof Goh Lee Gan

INTRODUCTION

This family practice skills course is the joint effort of the Health Promotion Board and the College of Family Physicians to bring home the importance of obesity, the need for its prevention, and the challenges in tackling it. Obesity is now clearly recognised to be the lead member of the “deadly quartet”, the macabre but nevertheless realistic alternative term for “metabolic syndrome”. The other members of this disease cluster are hypertension, hyperlipidemia and diabetes.

Primary care physicians can provide their patients with practical strategies to combat obesity regardless of the time constraints experienced in today’s busy clinical practice setting. Keys to success are creating an individualized approach based on each patient’s specific health risks and habits, using various resources and encouraging, and empowering patients to become active participants in trying to achieve weight-loss.

COURSE CONTENT

The obesity skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated (subject to approval from SMC).

- o Distance learning course – 6 points (see below) – each unit earns 1 CME point
- o Seminars – 2 seminars – each 2 CME points
- o Workshop – 2 CME points
- o Reading papers on obesity – 10 suggested papers – each 1 CME point up to 5 points maximum for the whole CME year.

Distance learning course

Unit 1: Epidemiology of Obesity & Complications (*Dr Mabel Yap*)

Unit 2: Definition, Diagnosis, Classification & Evaluation (*Dr Leonard Koh Kia Hui*)

Unit 3: Psychological Aspects of Obesity & Body Image (*Dr Lee Ee Lian*)

Unit 4: Therapeutic Lifestyle Changes (*Dr Benedict Tan Chi-Loong*)

Unit 5: Dietary Therapy – Facts & Myths (*Ms Gladys Wong*)

Unit 6: Pharmacotherapy & Surgery for Obesity (*Dr Tan Chee Eng*)

Unit 1: Epidemiology of Obesity & Complications

- o Prevalence of Obesity
- o Obesity & Health Risks
- o Definition of Obesity in Asian Populations
- o Implications of New BMI Cut-offs

Unit 2: Definition, Diagnosis, Classification & Evaluation

- o Diagnosis
- o Classifications in Obesity
- o Evaluation

Unit 3: Psychological Aspects of Obesity & Body Image Diagnosis

- o Readiness For Weight-loss
- o Body Image
- o Psychiatric and Eating Disorders
- o Behavioural Approach
- o Psychological Evaluation of the Obese Patient

Unit 4: Therapeutic Lifestyle Changes

- o Overall Strategy
- o Energy Balance
- o Dietary Recommendations
- o Structured Exercise
- o Daily Activities
- o Behavioural Recommendations

Unit 5: Dietary Therapy – Facts & Myths

- o Energy Balance
- o Effects of Diet on Weight-loss
- o Making Food Choices
- o Modified Diets & Non-traditional Diets
- o Popular Slimming Programmes

Unit 6: Pharmacotherapy & Surgery for Obesity

- o Pharmacotherapy (Prescribed Medication)
- o Bariatric Surgery
- o Other Pharmacotherapy & OTC Preparation
- o Chitosan (Minusfat®)
- o Dietary Fibres (Minulest®)

GOH LEE GAN, Senior Consultant Family Physician, Department of Community, Occupational and Family Medicine, National University of Singapore

FACE-TO-FACE SESSIONS**Seminar 1: 3 April 2005**

2.00pm – 4.00pm

Unit 1 : Epidemiology of Obesity & Complications (*Dr Mabel Yap*)Unit 2 : Definition, Diagnosis, Classification & Evaluation (*Dr Leonard Koh Kia Hui*)Unit 3 : Psychological Aspects of Obesity & Body Image (*Dr Lee Ee Lian*)**Workshop 1: 3 April 2005**

4.15pm – 6.15pm

Group A : Case discussion

- o The Obese Child : Managing in the Context of School & Home.

Group B : Case discussion

- o The Obese Adult : A Request For Slimming Treatment.

Seminar 2: 10 April 2005

2.00pm – 4.00pm

Unit 4 : Therapeutic Lifestyle Changes (*Dr Benedict Tan Chi-Loong*)Unit 5 : Dietary Therapy – Facts & Myths (*Ms Gladys Wong*)Unit 6 : Pharmacotherapy & Surgery For Obesity (*Dr Tan Chee Eng*)**Workshop 2: 10 April 2005 (REPEAT)**

4.15pm – 6.15pm

Group A : Case discussion

- o The Obese Child : Managing in the Context of School & Home.

Group B : Case discussion

- o The Obese Adult : A Request For Slimming Treatment.