

OVERVIEW OF "OBESITY: PREVENTION & MANAGEMENT" FAMILY PRACTICE SKILLS COURSE

A/Prof Goh Lee Gan

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INTRODUCTION

This Family Practice Skills Course on prevention of obesity and management is jointly organised and supported by Health Promotion Board (HPB). The basic strategy of obesity prevention and control is quite straightforward and lies in achieving the caloric balance which is to reduce calorie intake and increase physical activity. To implement this strategy however can be challenging. We now have better tools such as motivational interview techniques to help the patient. The evidence base on what are effective things to do and what are not is also becoming clear. There is much to be updated in this topic. Thanks are due to the Health Promotion Board for supporting this Family Practice Skills Course.

COURSE OUTLINE AND CME POINTS

This Family Practice 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 below.

Components and CME Points

- Distance Learning Course – 6 units (6 Core FM CME points upon attaining a minimum pass grade of 60% in Distance Learning Online MCQ Assessment).
- 2 Seminars (2 Core FM CME points per seminar).
- 2 Workshops (1 Core FM CME point per workshop).
- 10 Readings – read 5 out of 10 recommended journals (maximum of 5 CME points for the whole CME year).

Distance Learning Course

Unit 1 : Obesity in Singapore: Prevention and Control

A/Prof Goh Lee Gan & Dr Jonathan Pang

Unit 2 : Childhood

A/Prof Loke Kah Yin

Unit 3 : Introduction to Motivational Interviewing (MI)

Dr Audrey SL Tan

GOH LEE GAN, Professorial Fellow, Division of Family Medicine, University Medicine Cluster, National University Health System, Director, Institute of Family Medicine, College of Family Physicians Singapore

Unit 4 : Youth/ Adults

Dr Tan Hong Chang, Dr Sonali Ganguly,

Dr Tham Kwang Wei

Unit 5 : Physical Activity Advice Tool (PAAT)

Mr Robert Sloan

COURSE TOPIC DETAILS

Unit 1: Obesity in Singapore: prevention and control

- Obesity in Singapore.
- Causes and the importance of obesity.
- Factors promoting obesity.
- Do Singaporeans want to lose weight?
- Approach to obesity prevention and control in Singapore.
- What can healthcare providers do?

Unit 2: Childhood

- Epidemiology.
- Clinical Evaluation.
- Management.

Unit 3: Introduction to Motivational Interviewing (MI)

- Introduction.
- What is Motivational Interviewing?
- The Evidence for Motivational Interviewing.
- General Principles.
- Key Skills in Motivational Interviewing.
- Motivational Interviewing in Medical and Public Health Settings.
- Conclusion.

Unit 4: Youth/ Adults

- Introduction.
- Epidemiology.
- Co-Morbidities of Obesity.
- Strategies for Management of Overweight and Obesity.
- The Role of the Family Physician.

Unit 5: Physical Activity Advice Tool (PAAT)

- Introduction.
- Ecological Model of Active Living.
- Evidence based.
- Pre-participation screening and safety.
- Physical Activity Advice Tool.
- Conclusion.

FACE-TO-FACE SESSIONS

Seminar 1: 14 Jan 2012, 2.00pm – 4.00pm

Unit 1 : Obesity in Singapore: prevention and control

Dr Jonathan Pang

Unit 2 : Childhood

A/Prof Loke Kah Yin

Unit 3 : Introduction to Motivational Interviewing (MI)

Dr Audrey SL Tan

Workshop 1: 14 Jan 2012, 4.30pm – 6.00pm

A. Motivational Interviewing (MI) & Case Scenarios

Dr Audrey SL Tan

B. Role of Allied Health and Community in Continuity of Care

Ms Vivian Feng Yu Lim

Seminar 2: 15 Jan 2012, 2.00pm – 3.30pm

Unit 4 : Youth/ Adults

Dr Tham Kwang Wei

Unit 5 : Physical Activity Advice Tool (PAAT)

Mr Robert Sloan

Workshop 2: 15 Jan 2012, 4.00pm – 5.30pm

A. Physical Activity Advice Tool (PAAT)

Mr Robert Sloan

B. Health Choices – Lifestyle Advice Resource for Healthcare Professionals

Ms Samantha Bennett