Level 2 Adult Weight Management Self-Study Module

Objectives

Part 1 - Assess and Learn Module

The Assess and Learn Module is intended to prepare individuals to begin the Level 2 Adult Weight Management Self-Study Module

New 2013 AHA/ACC/FOS Guidelines

Part 2 - Self-Study Module

There are seven Domains in this Self-Study Module:

Domain 1  Client-Centered Counseling

- Describe the distinguishing characteristics of behavioral therapy for obesity management.
- Describe the strategies for augmenting outcomes.
- Explain the strategies for improving client adherence to behavioral therapy.
- Describe the behavioral skills and techniques used in behavioral therapy to help clients modify eating and activity habits.
- Describe the cognitive skills utilized in the cognitive behavior therapy (CBT) approach to weight management.
- Compare and contract standard behavior therapy and CBT.
- Describe the four main components of motivational interviewing.
- Describe techniques for eliciting self-motivational statements.
- Explain the importance of accurate reflective statements.
- Understand the techniques for providing clients with objective feedback.
- Apply motivational interviewing techniques to a practical case example.
- Describe the methods used to train dietitians in basic MI interviewing skills.
- Describe the dietitian and client outcomes of training dietitians in basic MI interviewing skills.
- Determine whether adding MI to a behavioral weight control program improved weight loss and glycemic control for overweight women with type 2 diabetes.
- Describe the differences between individual and group weight management counseling.
- Define the key elements to successfully facilitating groups.
- Describe the methods to adapt MI counseling principles to a group setting.
Discuss the cultural considerations for group weight management programs.
Describe the key findings from the LOOK AHEAD study.
Discuss appropriate RD disclosure during weight management counseling.
Describe recommendations for referral to other health care weight management team members.
Describe the key aspects of working with an interpreter for nutrition counseling.

**Domain 2  Pathophysiology**

- Discuss the physiologic and metabolic consequences of visceral adiposity in overweight and obesity.
- Recognize adipose tissue (or the fat cell) as an endocrine organ with metabolic implications.
- Become familiar with the terms adipocytes, cytokines, adipokines, and their respective metabolic consequences observed in overweight and obesity.
- Recognize the various hormones that regulate hunger and satiety and their roles in affecting appetite and body weight regulation.
- Describe physiological and metabolic changes associated with a weight loss, understand causes of a weight loss plateau, and potential causes of weight regain.
- Discuss strategies to assist clients on how to overcome, or prevent, weight regain.

**Domain 3  Research Methods**

- Describe the new Academy Research Toolkit and highlight the key points.

**Domain 4  Physiological Effects of Weight Loss Interventions**

- Identify nutrition and medical interventions used in treating obesity, and their impact on the pathophysiology of obesity.
- Role of physical activity in improving insulin resistance in overweight and obesity.
- Discuss the role of nuts, protein, fiber and caspian in appetite and energy regulation.
- Assess the evidence on dietary components including dietary fat, carbohydrate, and use of ethanol in appetite and energy regulation.
- Determine whether food volume or weight, sensory variety, rheology, and dietary periodicity have a role in nutrition interventions for obesity. Identify emerging trends in pharmacotherapy in managing overweight and obesity.
- Review the physiological effects of bariatric surgery as a treatment option for obesity.
Domain 5  Weight Maintenance

- Describe the definition of weight maintenance.
- Describe the key characteristics of members of the National Weight Control Registry.
- Describe the key outcomes and implications from the Weight Loss Maintenance Trial.
- Describe the key outcomes and implications from the STOP Regain Trial.
- Describe the American College of Sports Medicine physical recommendations for obesity prevention.

Domain 6  Coding and Coverage

- Describe new healthcare systems and models, such as accountable care organizations and the patient-centered medical home, and the importance of measuring effectiveness of weight management services provided by RDs.
- Describe new payment models for weight management reimbursement.
- Discuss practice models for implementing the Intensive Behavioral Treatment benefit in private practice and hospital settings.

Domain 7  Leadership and Advocacy

- Describe the Academy’s Evidence Analysis Library and position paper strategies for addressing overweight/obesity.
- Describe the nutrition/weight management/healthy lifestyle community initiatives in your local community and state-wide.
- List resources that describe and assist with medical nutrition therapy reimbursement that can be found on the Academy of Nutrition and Dietetics Website and/or this course’s library.