

2019 Obesity Interventions for Adults Online Self-Study Course

Total Number of CPEs: 38

Logging for Knowledge Based PDP:

Select Activity Type: 740 Web-Based Self-Study

Number of CPEs: 38

Suggested Learning Need Codes: 5000 (medical nutrition therapy), 5090 (adults), 5370 (weight management/obesity)

Logging for Essential Practice Competencies PDP:

***Each module needs to be logged individually

Select Activity Type: 740 Web-Based Self-Study

Suggested Practice Competencies for each module:

Science of Obesity Module ~ 3 CPE Hours

Essential Practice Competencies Addressed:

- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 81. Interprets and applies current food and nutrition science and principles in dietetics practice.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.

Diet and Nutrition Module ~ 3 CPE Hours

Essential Practice Competencies Addressed:

- 1.3 Applies customer-centered principles in practice.
- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.
- 9.2 Establishes, develops, and implements program outlines and learning plans to meet the needs of various individuals, groups and populations.

The Role of Physical Activity in Weight Management Module ~ 5 CPE Hours

Essential Practice Competencies Addressed:

- 1.2 Works within personal and professional limitations and abilities.
- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.
- 9.3 Designs, selects and implements education strategies to meet the learning needs of the individual, group community and population.
- 9.6 Uses effective counseling and coaching skills and strategies in practice.
- 10.2 Implements the Nutrition Care Process to ensure individual health goals are

established, monitored and achieved while adhering to the Standards of Practice in Nutrition Care for RDNs.

Obesity Management through Adult Life Stages Module ~ 2 CPE Hours

Essential Practice Competencies Addressed:

- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population.

Behavioral Management and Counseling Module ~ 4 CPE Hours

Essential Practice Competencies Addressed:

- 9.6 Uses effective counseling and coaching skills and strategies in practice.

Obesity Medical Nutrition Therapy Module ~ 4 CPE Hours

Essential Practice Competencies Addressed:

- 1.1 Identifies with and adheres to the code of the ethics for the profession.
- 5.1 Acquires knowledge of technology systems consistent with role and responsibilities.
- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.
- 10.2 Implements the Nutrition Care Process to ensure individual health goals are established, monitored and achieved while adhering to the Standards of Practice in Nutrition Care for RDNs.
- 10.5 Documents and maintains records according to the SOP for the RDN, legislation, regulations and organization policies.

Pharmacotherapy and Medical Complications in Weight Management Module ~ 3 CPE Hours

Essential Practice Competencies Addressed:

- 4.2 Reflects, integrates and evaluates using critical thinking when face with problems, issues and challenges.
- 10.4 Applies knowledge of the interrelationship and impact of pharmacotherapy, dietary supplements, functional foods and nutrients on health and disease in accordance with the Scope of Practice and Standards of Professional Performance for RDNs

Nutritional Care of the Bariatric Surgery Patient ~ 4 CPE Hours

Essential Practice Competencies Addressed:

- 4.1.2 Interprets and integrates evidence-based research and literature in decision making.
- 4.2.2 Reflects on own values, beliefs and biases

Weight Loss Maintenance Module ~ 4 CPE Hours

Essential Practice Competencies Addressed:

- 1.2 Works within personal and professional limitations and abilities.
- 4.1 Demonstrates sound professional judgment and strategic thinking in practice.

- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 5.2 Utilizes technology according to organization needs and workplace policies and procedures.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.

Healthcare Systems Module ~ 5 CPE Hours

Essential Practice Competencies Addressed:

- 1.2 Works within personal and professional limitations and abilities.
- 2.2 Collaborates with others to achieve common goals and to optimize delivery of services.
- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.

Assessment Test ~ 1 CPE Hour

Essential Practice Competencies Addressed:

- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.