



The National
Medical Weight Loss ProgrammeTM

Agenda

The Medical Management of Overweight and Obesity

Time:	Topic title:	Trainer
8.30am	Arrival and registration	
8.50am	Introduction / Housekeeping / Health & Safety	SG
9.00am	Module 1: The epidemiology and physiology of obesity <ul style="list-style-type: none">a) How we define and assess obesityb) Epidemiologyc) UK statistics on obesityd) Obesity and weight-related diseasese) Group activity – test of knowledge quiz	MC
	Module 2: The fat cell, metabolism and appetite regulation <ul style="list-style-type: none">a) Biochemistry of the fat cellb) Gut hormones and the regulation of appetitec) Group activity – test of knowledge quiz	MC
11.00am	BREAK	
11.20am	Module 3: Weight Loss Interventions (excluding Pharmacotherapy) <ul style="list-style-type: none">a) Diet and nutritionb) VLCDs (very low-calorie diets)c) Physical activityd) Bariatric surgerye) Group activity – test of knowledge quiz	MC

Trainers

Dr Matt Capehorn (MC) Expert Advisor to NICE on obesity
Sandy Green (SG) Nurse Consultant and Founder NMWLP

12.00pm	Module 4: Pharmacotherapy treatment options a) Orlistat b) Mysimba c) Liraglutide	MC
1.00pm	LUNCH	
1.45pm	Module 4: continued d) Semaglutide e) Group activity – test of knowledge quiz	MC
2.45pm	Module 5: Setting up a weight management service a) UK weight loss services – the current situation b) Equipment list c) The patient pathway d) Step by step electronic consultation form e) Group activity – Case studies (safe prescribing)	SG
3.40pm	BREAK	
4.00pm	Support a) Assistance with CQC registration b) Insurance c) Pharmacy supplies d) Pathology services e) Drop box f) Clinical supervision	SG
4.45pm	Course Evaluation	
5.00pm	CLOSE	

Thank you for your participation.
Wishing you all a safe journey home.

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