



The National  
Medical Weight Loss Programme

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The Medical Management  
of Overweight and Obesity

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**Module 1: The epidemiology and physiology of obesity**

- a) How we define and assess obesity
- b) Epidemiology
- c) UK statistics on obesity
- d) Obesity and weight-related diseases
- e) *Module Assessment*

**Module 2: The fat cell, metabolism and appetite regulation**

- a) Biochemistry of the fat cell
- b) Gut hormones and the regulation of appetite
- c) *Module Assessment*

**Module 3: Weight Loss Interventions (excluding Pharmacotherapy)**

- a) Diet and nutrition
- b) VLCDs (very low-calorie diets)
- c) Physical activity
- d) Bariatric surgery
- e) *Module Assessment*

**Module 4(1): Pharmacotherapy**

- a) Phentermine
- b) Orlistat
- c) Mysimba
- d) Liraglutide (Saxenda)
- e) *Module Assessment*

#### Module 4(2): Pharmacotherapy

- f) Semaglutide (Wegovy)
- g) *Module Assessment*

#### Module 4(3): Pharmacotherapy

- h) Tirzepatide (Mounjaro)
- i) *Module Assessment*

#### Module 5: Setting up a medical weight management *clinic*

- a) UK weight loss services – the current situation
- b) Equipment list (*and links*) required
- c) Your personalised electronic consultation form – step by step
- d) Getting your consultation form to potential patients
- e) The NMWLP patient pathway and treatment protocol
- f) *Module Assessment - Case studies (safe prescribing)*

**Bonus Module 1** – Medical treatments and VAT by Veronica Donnelly

**Bonus Module 2** – Advertising standards and prescription medications by Lorna Jackson