



The National
Medical Weight Loss Programme

The Medical Management
of Overweight and Obesity

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 (cont)

- f) Semaglutide (Wegovy)
- g) *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