

What other doctors say about the clinics...

"...has changed the way I deal with overweight patients"

Dr Tony Andrew, Cremorne.

"... excellent, a must do" Dr Chris Bauer, Richmond.

"...very innovative, state of the art information"

Dr Andrew Binns, Lismore.

"... a truly useful program" Dr Ke Teoh, Greenfield Park.

"...gives a whole new insight into managing one of our biggest clinical problems" Dr John Proctor, Sydney.

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Motivating Your Patients To Comply

Background While it is important for clinicians to be up-to-date with modern medical content, understanding patient motivation and what makes a patient comply to prescription is a vital part of successful clinical practice. This workshop examines the theoretical and practical components of motivation and how to use special approaches to ensure optimal success with patient compliance.

Content

The anatomy of change

Motivational anatomy

Psychological immunisation

Lessons from addiction studies

Models and rationale for compliance

Understanding change

Behaviour change models

Lessons and addiction

Measuring motivation

Tests for clinical practice

Components of motivation

Goals, barriers and facilitators

'Readiness to change'/'importance' and 'confidences'

Matching motivational practices with stages of readiness

Motivational interviewing

Developing a motivational 'drug'

Dealing with recidivism/adaption styles

Medication compliance

Behavioural compliance

Practical

Motivational interviewing

Workshop Presenters Course lecturers vary, but are all qualified in epidemiology, nutrition, medicine, exercise or related sciences with extensive practical experience.

They include...

Professor Garry Egger *PhD, MPH, MAPS*. (Workshop co-ordinator) Adjunct Professor of Health Sciences at Deakin University, and consultant to the NH&MRC and WHO on obesity. Dr Egger is also the creator and scientific director of the GutBuster 'waist loss' program for men, initiator of the 'Fat Loss Leader' program in Australia and New Zealand, and author of several texts (including 'The Expert's Weight Loss Guide').

Professor Ian Caterson *MB BS PhD FRACP* Endocrinologist and currently Boden Professor of Human Nutrition at Sydney University. Professor Caterson is a world expert on obesity and diabetes, is on the council of the International Association for the Study of Obesity and the International Obesity Taskforce. He is currently also head on the National Obesity Prevention Group for the Australian Department of Health.

Professor Boyd Swinburn *MD, MBChB, FRACP* Professor of Public Health Nutrition, Deakin University, Melbourne and formerly, Medical Director of the National Heart Foundation of NZ. Dr Swinburn is a member of the International Obesity Taskforce and is a world expert in the metabolic aspects of obesity as well as public health approaches to its prevention and treatment.

Dr David Cameron Smith *BSc, PhD*. Biochemist and Senior Lecturer in Nutrition at Deakin University, Melbourne. Dr Cameron-Smith specialises in molecular biological aspects of obesity and has been involved in the identification of obesity-related genes. His recent research has involved genetic 'switches' associated with physical activity. He has a general interest in nutrition for fat loss.

Dr Tim Gill *B.Sc.Grad Dip Diet, PhD, RPHNutr*. Coordinator of the International Obesity Taskforce (Asia-Pacific Region) and the Australasian Society for the Study of Obesity. Dr Gill is a public health nutritionist who has spent several years working with international organisations such as WHO in Europe and Australia.

Matthew O'Neill *BSp Sc.,MSc (Nutrition and Dietetics)* holds dual qualifications in exercise science and nutrition. Formerly chief dietitian for the Australian Consumer's Association he was also involved in the GutBuster program. He currently lectures internationally for the fitness industry and in corporate health.

FOUR WORKSHOPS

For GPs and other Medical Practitioners

The University of Sydney
Human Nutrition Unit and the
Centre for Health Promotion & Research

Post Graduate Medical Certificate in Weight Control and Obesity Management



5 point per hour CPD activity applied for.
Accredited provider status, RACGP, pending, January 2002

Requirements

The Human Nutrition Unit at Sydney University, in conjunction with the Centre for Health Promotion and Research, is now offering a post-graduate Medical certificate in Weight Control and Obesity Management for General Practitioners throughout Australia and the South Pacific.

Requirements for the certificate are...

- 1 Successful completion of 3 x 6 hour GP workshops in weight control management (see choices this brochure).
- 2 Supervision and writing up of 2 clinical case studies in weight control.
- 3 Completion of a final examination.

Availability Workshops are conducted in all states of Australia, in New Zealand and in selected South Pacific countries. They are usually carried out on a Saturday or Sunday. However, video-taped recordings of some sessions are available for rural and remote GPs on request.

Materials provided A workbook and other lecture materials are provided for each workshop. A textbook ('The Experts Weight Loss Guide') covering all levels is also available.

Cost Workshops are sponsored by Pfizer Pharmaceuticals and are free to medical practitioners. Sydney University Human Nutrition Unit levies a charge of \$50 for administration on completion of the full certificate.

Other credit GPs will receive 30 CME points for each workshop for the 2002-2004 triennium. There is also an opportunity to receive Clinical Audit points by joining in a care-share program with GutBusters and Weight Watchers at the completion of the certificate.

1

Weight Control and Obesity Management

Background Ideas about weight control have been through a major paradigm shift in recent times. Amongst other things, this shows that the traditional physics notion of energy balance (i.e. fat = energy in - energy out) is no longer valid and that a new approach is needed.

Content

Background: Scientific developments in weight control

- Epidemiology of obesity
- Fat distribution and health
- Physiology of lipolysis and implications

Bio-energetics and endogeneous factors in obesity management

- Measuring energy input and expenditure
- Implications of new genetic findings
- Metabolic influences and how to deal with them

Evaluating body fat in the clinical situation (practical)

- Measuring body mass and fat distribution
- Anthropometric measures
- Machine measures
- Combining appropriate measures

The new nutrition of weight control

- The demise of diets and dieting
- Energy balance, or fat balance?
- Nutrient partitioning and substrate utilisation
- Prescribing fat reduction through LEPs (Lifetime Eating Plans) (practical)

Biochemistry of physical activity and implications for weight management

- Intensity and duration of activity for fat loss
- Best types of activity
- F.A.T.I. (Frequency, amount, time and type)

2

Lifestyle and Obesity Management of the Metabolic Syndrome

Background The 'metabolic syndrome' consists of a constellation of risk factors including dyslipidaemia, hypertension, hyperglycaemia and abdominal obesity. *Australian Institute of Health studies show that more than 1 in 2 general practice patients will have some element of the metabolic syndrome.* The metabolic syndrome and its components have a largely lifestyle-based aetiology. Obesity is a major marker, but new research shows that inactivity, over-nutrition and even stress could be independent risk factors.

Content

Background: The metabolic syndrome

- Prevalence/epidemiology of the metabolic syndrome
- Physiological processes and stages

Risk factors and their interactions

- Genetic factors
- Obesity
- Inactivity/Over-nutrition
- Stress/Smoking

Measurement in the clinical situation (practical)

- Clinical measures
- Machine measures
- Plasma markers

Psychology: Motivation and stages of change

- Recognising motivational readiness
- Components of motivation
- Utilising stages of change

Psychology: Habit formation and behaviour modification

- Habits and health
- S-R habits/ Cognitive habits
- Behaviour modification - main components

3

Stress, Lifestyle and Obesity

Background Over 50% of patients attending general practice have a lifestyle-based aetiology. The three main lifestyle factors of concern are diet, exercise and stress management. It is vital for the clinician not just to know the *content* in these areas to pass on to patients, but also the *process* of how this is done. Combining pharmacotherapy with a step-wise approach to treating obesity, one of the first signs of metabolic problems, is the basis of this workshop.

Content

Metabolic factors in weight control

- Progression of diabetes formation
- Determinants of success
- Critical periods for weight gain

Measurement

- Combining measures - mass and distribution

A model approach to weight control

- A 3 step approach to clinical management
- (Over) eating disorders
- (Specific) exercise prescription

Stress and weight management

- Nature of stress/ Stress and weight control
- Stress, 'control' and 'escape'
- Helping patients understand and deal with stress

Drugs, VLCDs and surgery

- Pharmaceutical approaches
- VLCDs and LCDs and when to use them
- Surgery

An algorithm for lifestyle management in clinical practice

Workshops