Creating Health: Pharmacist-Led Lifestyle and Weight Management

AGENDA

7:30 – 8 a.m.	**Registration (non-CE)**
8 – 9:30 a.m.	**A Culture of Health**
10:30 – 10:45 a.m.	**Break (non-CE)**
9:30 – 11:30 a.m.	**Cellular Starvation**
11:30 a.m. – 12 p.m.	**Food Pharmacology**
12 – 1 p.m.	**Lunch (non-CE)**
1 – 2:30 p.m.	**Pharmacology**
2:30 – 2:45 p.m.	**Break (non-CE)**
2:45 – 5 p.m.	**Stress Pharmacology**
5 – 5:30 p.m.	**Q & A**

Creating Health

Pharmacist Learning Objectives

1. Define health
2. Discuss current challenges to health
3. Define lifestyle medicine
4. Describe the role of culture in disease state development
5. List factors that impact the survival and adaptability of an individual's physiology
6. List factors that influence and contribute to weight gain or loss
7. Define therapeutic relationship
8. Differentiate between macronutrients and micronutrients
9. Review basic mitochondrial function
10. Discuss the role of common laboratory findings on mitochondrial function
11. Define triage theory
12. Analyze two mechanisms for nutrient deficiency
13. List common drug-induced nutrient deficiencies
14. List processes that occur in the GI tract
15. Describe the role of gastric acid in digestion
16. Describe the role of the gut microbiome/microbiota
17. Define dysbiosis
18. Recall the five Rs for a healthy gut
19. Compare and contrast common diets and considerations for each
20. Calculate net carbohydrates
21. Formulate a functional timeline
22. Interpret a medical symptom questionnaire (MSQ)
23. Calculate a waist-to-hip ratio (WHR)
24. Distinguish between a C-pattern and a D-pattern body composition analysis report
25. Distinguish between exercise and movement
26. Examine the role of cortisol and insulin in obesity
27. Explain steroid hormone metabolism, its processes and results
28. Define and list persistent organic pollutants (POPs)
29. Discuss the role of circadian rhythms on body function
30. Analyze a Holmes-Rahe Stress Inventory score
31. List the three stages of generalized adaptation syndrome
32. Describe the role that adverse childhood experiences can have in the development of chronic disease
33. Define trauma and describe the biological impact it can have
34. Describe a model for appointment-based consulting

Pharmacy Technician Learning Objectives

1. Define health
2. Discuss current challenges to health
3. Define lifestyle medicine
4. Describe the role of culture in disease state development
5. List factors that influence and contribute to weight gain or loss
6. Define therapeutic relationship
7. Differentiate between macronutrients and micronutrients
8. Define triage theory
9. State two mechanisms for nutrient deficiency
10. List common drug-induced nutrient deficiencies
11. Describe the role of technicians in supporting supplement recommendations for patients
12. List processes that occur in the GI tract
13. Recall the role of gastric acid in digestion
14. Recall the role of the gut microbiome/microbiota
15. Define dysbiosis
16. Recall the five Rs for a healthy gut
17. Compare and contrast common diets
18. Calculate net carbohydrates
19. Calculate a waist-to-hip ratio (WHR)
20. Distinguish between exercise and movement
21. Define and list persistent organic pollutants (POPs)
22. Describe the role of circadian rhythms on body function
23. List the three stages of generalized adaptation syndrome
24. Describe the role that adverse childhood experiences can have in the development of chronic disease
25. Define trauma and describe the biological impact it can have
26. Describe a model for appointment-based consulting
27. Describe a technician's role in supporting an appointment-based consulting service in the pharmacy