

Creating Health: Pharmacist-Led Lifestyle and Weight Management

The Westin Charlotte, Charlotte, NC

Friday, October 8, 2021 (8 a.m.-5:30 p.m.)

0207-0000-20-005-L01-P

0207-0000-20-005-L01-T

8.0 contact hours (0.8 CEUs)

Activity Type: Application-Based

Speaker: Kathy Campbell, PharmD

AGENDA

7:30 – 8 a.m.	Registration (non-CE)
8 – 9:30 a.m.	<p>A Culture of Health</p> <ul style="list-style-type: none"> • <i>Define health*†</i> • <i>Discuss current challenges to health*†</i> • <i>Define lifestyle medicine*†</i> • <i>Describe the role of culture on disease state development*†</i> • <i>List factors that impact the survival and adaptability of an individual’s physiology*</i> • <i>List factors that influence and contribute to weight gain or loss*†</i> • <i>Define therapeutic relationship*†</i>
10:30 – 10:45 a.m.	Break (non-CE)
9:30 – 11:30 a.m.	<p>Cellular Starvation</p> <ul style="list-style-type: none"> • <i>Differentiate between macronutrients and micronutrients*†</i> • <i>Review basic mitochondrial function*</i> • <i>Discuss the role of common laboratory findings on mitochondrial function*</i> • <i>Define triage theory*†</i> • <i>Analyze two mechanisms for nutrient deficiency*/State two mechanisms for nutrient deficiency†</i> • <i>List common drug-induced nutrient deficiencies*†</i> • <i>List processes that occur in the GI tract*†</i> • <i>Describe the role of technicians in supporting supplement recommendations for patients†</i> • <i>Describe the role of gastric acid in digestion*/Recall the role of gastric acid in digestion†</i> • <i>Describe the role of the gut microbiome/microbiota*/Recall the role of the gut microbiome/microbiota†</i> • <i>Define dysbiosis*†</i> • <i>Recall the five Rs for a healthy gut*†</i>
11:30 a.m. – 12 p.m.	<p>Food Pharmacology</p> <ul style="list-style-type: none"> • <i>Compare and contrast common diets and considerations for each*/Compare and contrast common diets†</i> • <i>Calculate net carbohydrates*†</i>

12 – 1 p.m.	Lunch (non-CE)
1 – 2:30 p.m.	Pharmacology <ul style="list-style-type: none"> • <i>Formulate a functional timeline*</i> • <i>Interpret a medical symptom questionnaire (MSQ)*</i> • <i>Calculate a waist-to-hip ratio (WHR)*†</i> • <i>Distinguish between a C-pattern and a D-pattern body composition analysis report*</i> • <i>Distinguish between exercise and movement*†</i> • <i>Examine the role of cortisol and insulin in obesity*</i>
2:30 – 2:45 p.m.	Break (non-CE)
2:45 – 5 p.m.	Stress Pharmacology <ul style="list-style-type: none"> • <i>Explain steroid hormone metabolism, its processes and results*</i> • <i>Define and list persistent organic pollutants (POPs)*†</i> • <i>Discuss the role of circadian rhythms on body function*/ Describe the role of circadian rhythms on body function†</i> • <i>Analyze a Holmes-Rahe Stress Inventory score*</i> • <i>List the three stages of generalized adaptation syndrome*†</i> • <i>Describe the role that adverse childhood experiences can have in the development of chronic disease*†</i> • <i>Define trauma and describe the biological impact it can have*†</i> • <i>Describe a model for appointment-based consulting*†</i> • <i>Describe a technician’s role in supporting an appointment-based consulting service in the pharmacy†</i>
5 – 5:30 p.m.	Q & A

* - Pharmacist Learning Objective

† - Pharmacy Technician Learning Objective



NCPA is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program will provide up to 8.0 contact hours (0.8 CEUs) of continuing pharmacy education credit. The participant will need to attend all required components of the CE activity and complete a questionnaire to receive credit for the program. Target audience: community pharmacists and community pharmacy technicians.