

Creating Health: Pharmacist-Led Lifestyle and Weight Management

0207-9999-20-007-H04-P | 0207-9999-20-007-H04-T | 8.0 contact hours (0.8 CEUs)

Activity Type: Application-Based

AGENDA

A Culture of Health

- *Define health*†*
- *Discuss current challenges to health*†*
- *Define lifestyle medicine*†*
- *Describe the role of culture on disease state development*†*
- *List factors that impact the survival and adaptability of an individual's physiology**
- *List factors that influence and contribute to weight gain or loss*†*
- *Define therapeutic relationship*†*

Cellular Starvation

- *Differentiate between macronutrients and micronutrients*†*
- *Review basic mitochondrial function**
- *Discuss the role of common laboratory findings on mitochondrial function**
- *Define triage theory*†*
- *Analyze two mechanisms for nutrient deficiency*/State two mechanisms for nutrient deficiency†*
- *List common drug-induced nutrient deficiencies*†*
- *List processes that occur in the GI tract*†*
- *Describe the role of technicians in supporting supplement recommendations for patients†*
- *Describe the role of gastric acid in digestion*/Recall the role of gastric acid in digestion†*
- *Describe the role of the gut microbiome/microbiota*/Recall the role of the gut microbiome/microbiota†*
- *Define dysbiosis*†*
- *Recall the five Rs for a healthy gut*†*

Food Pharmacology

- *Compare and contrast common diets and considerations for each*/Compare and contrast common diets†*
- *Calculate net carbohydrates*†*

Pharmacology

- *Formulate a functional timeline**
- *Interpret a medical symptom questionnaire (MSQ)**
- *Calculate a waist-to-hip ratio (WHR)*†*
- *Distinguish between a C-pattern and a D-pattern body composition analysis report**
- *Distinguish between exercise and movement*†*
- *Examine the role of cortisol and insulin in obesity**

Stress Pharmacology

- *Explain steroid hormone metabolism, its processes and results**
- *Define and list persistent organic pollutants (POPs)*†*
- *Discuss the role of circadian rhythms on body function*/ Describe the role of circadian rhythms on body function†*
- *Analyze a Holmes-Rahe Stress Inventory score**
- *List the three stages of generalized adaptation syndrome*†*
- *Describe the role that adverse childhood experiences can have in the development of chronic disease*†*
- *Define trauma and describe the biological impact it can have*†*
- *Describe a model for appointment-based consulting*†*
- *Describe a technician's role in supporting an appointment-based consulting service in the pharmacy†*

* - Pharmacist Learning Objective

† - Pharmacy Technician Learning Objective



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