# 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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