

Creating Health: Pharmacist-Led Lifestyle and Weight Management

Kansas City, Missouri

0207-0000-20-005-L01-P | 0207-0000-20-005-L01-T | 8.0 contact hours (0.8 CEUs)

Activity Type: Application-Based

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.	Food Pharmacology <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



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