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## Learning Objectives

MedBridge

*Bariatric Care Part 3: Lifestyle and Pharmacologic Interventions*

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### Course Objectives:

Upon completion of this course, learners will be able to:

- Recall the efficacy of nonsurgical interventions for weight loss and its maintenance
- Identify appropriate and safe activity/exercise for those with overweight/obesity and related comorbidities
- Recognize nutritional concerns frequently encountered in overweight and obese individuals
- Explore considerations in medical nutrition therapy for safe, appropriate weight loss
- Compare currently approved weight loss pharmaceuticals
- Identify education needs regarding prescribed weight loss medications
- Formulate person-centered interventions to enhance success with lifestyle/medication therapies for weight loss
- Analyze a case study of an individual undertaking lifestyle and medication interventions for treatment of overweight and obesity