

Educational and Professional Obesity Initiatives

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Educational and Professional Obesity Initiatives

Focus from
The TOP
(physicians)



Focus from
The BOTTOM
(trainees)

- ✓ Create a Subspecialty or Focused Practice
- ✓ Provide Continuing Medical Education (CME)
- ✓ Include obesity-related items on the USMLE Step Exams
- ✓ Develop Educational Domain Competencies and Entrustable Professional Activities (EPAs) related to obesity

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Obesity Coverage on Medical Licensing Examinations in the United States. What Is Being Tested?

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Background

- The United States Medical Licensing Examination[®] (USMLE[®]) is a three-step examination required for medical licensure in the U.S. Step 1 and 2 are taken in the 2nd and 4th year of medical school respectively, while Step 3 is usually taken after internship.
- The USMLE assesses an applicants ability to apply knowledge, concepts, and principles, and to demonstrate fundamental patient-centered skills, that are important in health and disease and that constitute the basis of safe and effective patient care.
- The USMLE is sponsored by the Federation of State Medical Boards (FSMB) and the National Board of Medical Examiners[®] (NBME[®]).

Methods

- Items that included obesity-related keywords (e.g., obesity, obese, body mass index (BMI), weight loss) were selected by the content experts and identified by NBME staff.
- A panel of 6 content experts reviewed the items at the NBME headquarters under secure conditions.
- The American Board of Obesity (ABOM) test outline rubric was used to code items into 4 domains and 107 possible subdomains:

ABOM Domains	Number of Subdomains
Basic Concepts	26
Diagnosis & Evaluation	25
Treatment	40
Practice Management	16

Results

- ✓ Only 36% of the items with obesity key words were judged to be directly obesity-related, and of those items, that vast majority pertained to the diagnosis and management of obesity-related comorbidities e.g., type 2 diabetes, OSA, metabolic syndrome, PCOS, rather than obesity per se.
- ✓ Most of the obesity coded items were found in 4 organ system categories: Cardiovascular, Endocrinology, Female Reproduction and Respiratory.
- ✓ 80% of coverage of obesity coded items were limited to 6 ABOM subdomains.
- ✓ The current concepts of obesity prevention and treatment, including basic science , assessment and management, were not addressed.

Conclusions and Key Recommendations of the USMLE Review

- The panel recommended adding items to Step exams to cover the following topics (examples):
 - basic sciences of obesity
 - socioeconomic and behavioral determinants of obesity
 - assessment, diagnosis and treatment of obesity per se
 - behavioral medicine
 - obesity pharmacotherapy
 - bariatric surgery
 - weight bias and discrimination
- “People-first” language was not used. Items were phrased as “...an obese patient” rather than “...a patient with obesity”.
- Recommended that obesity content experts be assigned to USMLE item writing committees

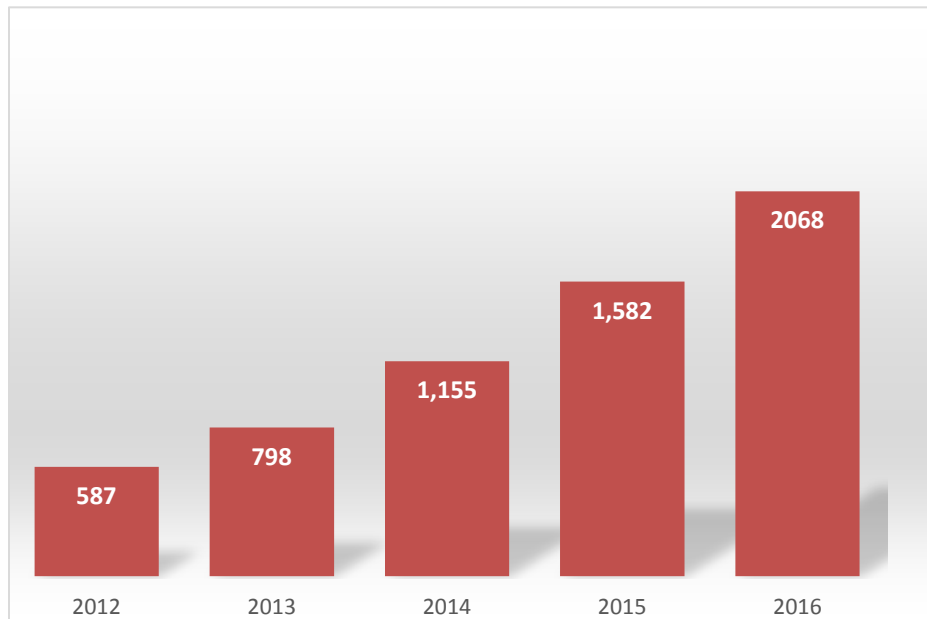
Rationale for Developing an Obesity Medicine Physician Pathway

- ✓ The increased prevalence and burden of overweight and obesity among US adults and children
- ✓ Obesity has recently been recognized as a chronic disease
- ✓ Certification would bring increased recognition and competency to the obesity field, and may lay the foundation for improved reimbursement for obesity care.
- ✓ Anticipated advances in obesity care over the next decade in pharmacotherapy, surgical procedures and devices, will require specialty training and expertise.
- ✓ Certified physicians can serve as clinical and educational champions at the local and national level.
- ✓ Board certification would establish standards of appropriate knowledge and professional practice in obesity medicine.

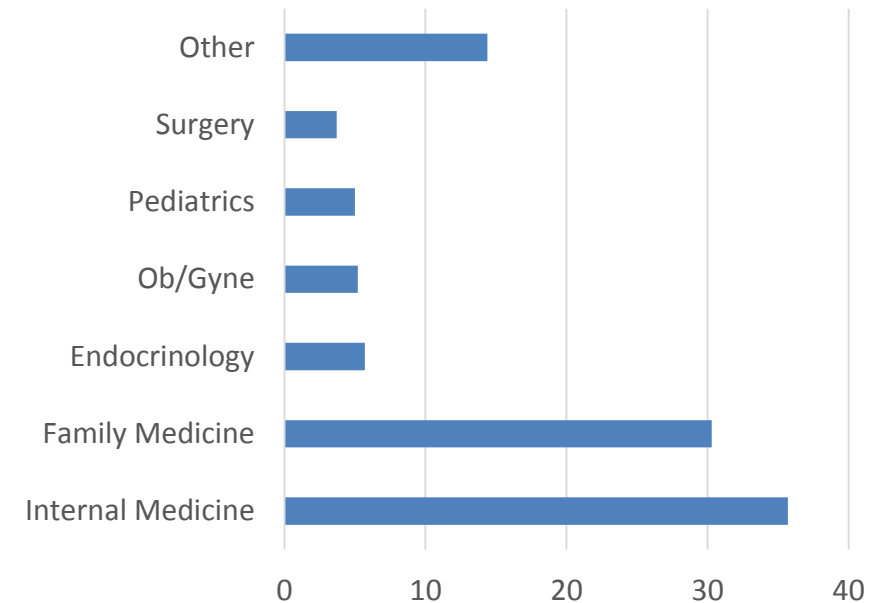


American Board of Obesity Medicine (ABOM)

Number of Physician Diplomats



Average % Distribution of Medical Specialties





AMERICAN BOARD
of OBESITY MEDICINE

Abom.org

J_ID: OBY Customer A_ID: OBY21828 Cadmus Art: OBY21828 Ed. Ref. No.:

Perspectives
CLINICAL TRIALS AND INVESTIGATIONS

Obesity

The American Board of Obesity Medicine: Five Year Report

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on behalf of the ABOM Board of Directors*

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