

CONTINUING PROFESSIONAL DEVELOPMENT PROGRAMME WINTER 2009

Dear Colleague

The topic of weight management is of highly relevant one for our country. As pharmacists it is our professional responsibility to be involved in health promotion and disease prevention. Interventions in weight management provide us with an excellent opportunity to fulfil this responsibility. This session will cover this topic from all angles ranging from the medical to the psychological. We would like to thank our speakers who have kindly agreed to prepare and facilitate these sessions.

Maria Cordina
BPharm(Hons), PhD(QUB), Dip Health Outcomes Research
President, Malta College of Pharmacy Practice

SESSION 1

Effects of obesity

Scope

Overweight and obesity have become major concerns for public health and for policy makers. This has been hailed by the WHO as a global epidemic. Both WHO and the EU have quoted the Maltese population (at all age groups) as being amongst the heaviest in the world. This is affecting the overall burden of disease and represents a major cost to the health sector and to society. This session aims to provide an overview for participants on the present state of the obesity epidemic within the local context and the international one.

Objectives

- To provide participants with information relating to rising global and local obesity prevalence, health implications of obesity on the individual and the state.
- To highlight the effects of obesity and cardiovascular health.

Learning Objectives

- By the end of the session pharmacists will be able to:
- understand the determinants of the obesity epidemic
 - understand the association between obesity and negative health consequences
 - appreciate further the value of prevention of obesity
 - appreciate further the role of the health care professional in weight management

Delivered by

Mariosa Xuereb MD FRPC FASA FESC
Consultant Cardiologist

Maria Ellul

BPharm (Hons) MSc (Aber) Dip.Pol.Stds RPHNutr FRSPH MIM
Public Health Nutritionist
Member, Nutrition Society (UK),
Member, Royal Society for Public Health
Member, Malta Institute of Management

Date Tuesday, 24 March 2009
Time 19:30 for 20:00
Venue Lecture Centre, Car park 2
University of Malta
Book by Tuesday, 17 March 2009

This workshop provides 4 credits towards the MCPP continuing education requirement.

SESSION 2

Effective and sustained weight loss

Scope

Effective and sustained weight loss is a skill imparted to patients through the health care professional. The community pharmacist plays a key role in motivating the patient towards the attainment of an optimal Body Mass Index (BMI) and in the promotion of healthy lifestyles. Furthermore the community pharmacist has a crucial role to play in the prevention and management of associated risk factors. This session aims to enable participants to apply the behaviour change model to weight loss.

Objective

- To introduce the *Prochaska and Diclemente Model* of change
- To apply this model in a practical manner to achieve weight loss

Learning Objectives

- By the end of the session pharmacists will be able to:
- apply this model accordingly to their patients/clients
 - guide their clients/patients through the cycle of behaviour change for successful weight loss
 - interact effectively with clients and patients in the pharmacy with the aim of improving general health outcomes

Delivered by

Maria Ellul
BPharm (Hons) MSc (Aber) Dip.Pol.Stds RPHNutr FRSPH MIM
Public Health Nutritionist
Member, Nutrition Society (UK),
Member, Royal Society for Public Health
Member, Malta Institute of Management

Date Wednesday, 25 March 2009
Time 19:30 for 20:00
Venue Lecture Centre, Car park 2
University of Malta
Book by Wednesday, 18 March 2009

This workshop provides 4 credits towards the MCPP continuing education requirement.

SESSION 3

Motivating people to deal with obesity

Scope

Research shows that obesity is linked to heart disease, hypertension, diabetes and various other illnesses. Studies also indicate that severe obesity significantly increases the risk of premature death. People's weight is a complex function of genetic, behavioural, environmental, and psychological factors. The focus today will be on psychological factors. Motivation is a psychological function that is the key to understanding which persons will follow a weight loss programme, lose weight, exercise regularly and maintain their weight loss. Since motivation is the key it is important to consider the role of the pharmacist in supporting patients so as to identify sources of internal motivation.

Objectives

- To reflect on the role of motivation
- To learn about "Internal locus of control" (Rotter 1966)
- The importance of identifying psychological stressors
- Looking for resilience
- Helping patients through identifying catastrophic beliefs
- Practicing empathy and support

Learning objectives

- By the end of the session pharmacists will be able to:
- better help motivate individuals in weight management programmes
 - help individuals identify psychological stressors
 - be in better position to support individuals in weight management programmes

Delivered by

Mireille Vila
D. Psicol, MA Counselling Padova, B Psy, Hone, PGCE
Clinical and Counselling Psychologist
Visiting Lecturer University of Malta

Date Thursday, 26 March 2009
Time 19:30 for 20:00
Venue Lecture Centre, Car park 2
University of Malta
Book by Thursday, 19 March 2009

This workshop provides 4 credits towards the MCPP continuing education requirement.



Malta College
of Pharmacy Practice

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Pharmacists' interventions in weight management

MALTA COLLEGE OF PHARMACY PRACTICE

CONTINUING PROFESSIONAL DEVELOPMENT PROGRAMME WINTER 2009

in collaboration with
Department of Pharmacy | Department of Clinical Pharmacology & Therapeutics | University of Malta

Renewal of Membership

October 2008 - September 2009

€22 Full Member (≥30 credits)
€25 Associate Member (< 30 credits)
€25 New Member

For clarification of membership status and amount payable you may send an email to: registrar@mcppnet.org

In the interest of efficiency we would like to urge pharmacists to pay their membership in advance. Cheques payable to The Malta College of Pharmacy Practice Cheques should be mailed to:
Dr Maria Cordina, President
Malta College
of Pharmacy Practice
c/o Department of Pharmacy
University of Malta, Msida

Exclusive attendance

All registered pharmacists are invited to become members of the Malta College of Pharmacy Practice and attend. Only registered pharmacists are eligible to become members of the College and thus participate in the events organised.

Students wishing to attend should send an email to: president@mcppnet.org

BOOKING

may be placed preferably by email info@mcppnet.org
or by phone 7947 0720

Join us with partners and friends

for a relaxed and casual MCPP dinner at Happy Nights restaurant, St Andrews Road, St Andrews for a 4 course dinner on Monday 30th March (eve of a public holiday). Price €23. Please book by sending a cheque payable to the Malta College of Pharmacy Practice by 24th March.

THE MALTA COLLEGE OF PHARMACY PRACTICE
PROFESSIONAL DEVELOPMENT PROGRAMME - WINTER 2009
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