



THE UNIVERSITY OF
MELBOURNE

Mobile Learning Unit

Melbourne Medical School

Management of Obesity

This online course includes scientific background and practical clinical information aimed at health practitioners involved in the assessment and treatment of people with obesity. Clinical case studies and interactive questions are designed to maximise engagement and learning.

In recent years, advances have been made in our understanding of the biology of obesity, which has led to the development of new treatment approaches. Management of Obesity is an online course developed by physicians specialising in obesity research and clinical practice. The course is designed to provide an evidence-based approach for managing patients who are seeking treatment for obesity.

The course is suitable for all clinicians involved in the management of patients with obesity, including general practitioners, physicians, doctors in training, dietitians, allied health professionals and students.

Outcomes

- Assess patients with obesity using Edmonton Obesity Staging System (EOSS) and set appropriate system-based treatment goals
- Explain body weight regulation to patients
- Construct an evidence-based treatment plan for obesity management
- Assess a patient's suitability for intensive weight management interventions including very-low energy diets, pharmacotherapy and bariatric surgery
- List the routine monitoring and medication adjustments recommended for patients prescribed a very-low-energy diet



Convenience

Fully online. Study on iOS, Android and Windows devices or on web



Reinforcement

9 tutorials and 22 case studies to practise interpretation



Recognition

Certificate of Completion issued upon course completion

For more information, visit go.unimelb.edu.au/ts96



Course Outline

This course is comprised of 9 tutorials and 22 case studies

Course units

- Tutorial 1: Overview of obesity
- Tutorial 2: Why is weight so hard to lose, and so easy to regain?
- Tutorial 3: Initial approach to the patient with obesity
- Tutorial 4: Medical management of obesity 1: An introduction to hypocaloric diets
- Tutorial 5: Medical management of obesity 2: Very low energy diets
- Tutorial 6: Medical management of obesity 3: Pharmacotherapy
- Tutorial 7: Medical management of obesity 4: Exercise, psychological/psychiatric comorbidity
- Tutorial 8: Surgical management of obesity
- Tutorial 9: Managing weight in certain situations: Older adults, women of childbearing potential, people with type 2 diabetes mellitus

Delivery mode

Students have the flexibility to study in their own time and location. Program materials can be accessed through the eLearning Education app on mobile devices with iOS, Android or Windows systems. Program materials can also be accessed using a web browser.

Delivery mode

Fully Online

Course fees

AUD \$550 (inc. GST)

Course duration

Course completion requires approximately 12 hours of elearning.

How to apply

▶ [Go to go.unimelb.edu.au/ts96](https://go.unimelb.edu.au/ts96)

Get in touch

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