



## 2013 Obesity Summit and Whitepaper

# American Nurse Practitioner Foundation

Dedicated to Advancing the Role of the Nurse Practitioner

- Created to help meet the need for funding NP related education, as well as healthcare focused research and projects
- Began operations in March 1998 as an independently incorporated 501(c)(3)
- First national foundation of its kind working to benefit NP's of all specialties
- 45,000 engaged users
- Innovative, data-driven, practice based solutions to healthcare challenges



# ANPF's Work

We provide solutions to the healthcare challenges of today's global community

- Scholarships
- Research Grants
- Tools and Resources
- Connects NP's to the resources needed to provide high-quality, accessible healthcare
  - Tuition-free programming

# Obesity Summit Decision

## WHY:

- 1 in 3 adults considered clinically obese
- Obesity is linked to both higher medical costs and serious health consequences. i.e. heart disease, depression, and diabetes.
- NPs are at the center of primary care
- It was a good time to begin the conversation

# Project Description

- One Day Summit – focused on NPS addressing obesity management and education in order to improve patient care.
- The target attendee; AANP Fellows, NP family and adult specialists, NP university faculty, and ANPF.
- Lead by a professional facilitator.
- Contract services with a professional medical writer
- Original report was a briefing document

# Project Outline

- Funding from VIVUS, Inc.
- One day summit took place on January 12, 2013 in San Francisco, CA.
- NP faculty :
  - Frances M. Sahebzamani (Rankin), Ph.D, ARNP, FAANP, who chaired the roundtable panel and served as editor of this white paper;
  - Bruce Zitkus, EdD, APRN, ANP-BC, FNP-BC, CDE;
  - Michele Bunker-Alberts, DNP, APN-FNP-BC, IBCLC;
  - Geri M Budd, PhD, FNP-BC, FAANP;
  - Helene M. Holbrook, DNP, FNP-C;
  - Jane Peterson, PhD, FNP-C;
  - Kathi Reveles, DNP, CPNP-PC;
  - Jena M. Simon, MS, MEd, FNP-BC, RN-BC, and
  - Mimi Secor, MS, Med, FNP-BC, FAANP.

# Round Table Agenda

- Opening Welcome – Host and Sponsor
- Introduction
  - Participants
  - The Agenda and Desired Outcomes
  - Topic Background (Snapshot of statistics and data)
- Initiating Nurse Practitioner-Patient Adult Obesity Conversation
  - Patient Approaches
  - Barriers
  - Innovative Thoughts

# Agenda continue

- Educational Resources
  - Currently Available and Effective
  - Needed
  - Simply Health In Practice (SHIP) Model
  - Innovative Thoughts
- Adult Treatment Non Pharmacological
  - Nutrition
  - Exercise
  - Other Approaches Suggested



# Agenda continue

- Adult Treatment Pharmacological Options
  - What Triggers Professional Use of Pharmacological Agents?
  - What Products Are Currently Used
  - Important Considerations (efficacy, dosage, safety, cost, other?)
  - Experience with Access and Reimbursement/REMS
  - Discussion on Patient/Public Perception of Obesity and the Medical Condition/Co-Morbidity Risks as the Motivation for Intervention
- Childhood Obesity
  - Intervention Strategies
  - Resources
  - Effectiveness

# Agenda continue

- Provider Education and Opportunities
  - Caregiver, Home Care, Assisted Living
  - Assess Resources Needed
- Effectiveness of Current Strategies
  - Measurement Tools (NIH Guidelines?)
- Additional Creative Strategies or Recommendations
- Questions and Clarifications from Discussants
- Conclusion and Summary

## Panel thoughts when creating the white paper:

- Although all of the topics were discussed, it was decided that the focus for this white paper would be on adults.
- While obese patients represent 60% to 70% of the panel members' practices, only about 3% of these patients seek assistance.
- As it is discussed in the paper, weight loss often is perceived as a personal problem by patients, and their own biases and those of healthcare providers (as well as the stigma associated with overweight and obesity) interfere with patients seeking care.

## Additional Thoughts:

- Because so few patients seek care on their own, clinicians must proactively address patients' obesity and related medical conditions.
- The non-pharmacological and pharmacological approaches described in this paper contribute to weight loss in many patients.
- Still, for many others, they fail. The panel members identified three key areas in which changed paradigms and additional resources in the medical community could enhance health care providers' abilities to assist patients with weight loss. (treat as a chronic disease, treating patient as a whole, more educational and clinical resources)

## Marketing and Distribution:

- The following marketing elements were conducted as part of the funding provided by VIVUS.
  - A briefings paper was promised however we were able to finalize a whitepaper
  - Blog article featured on our website
  - Featured on the ANPF website
  - Featured in our newsletter (18K NPs receive the newsletter)
  - Press Release was created and distributed to ANPF national PR contact. The press release will be circulated again at the start of our Simply Health In Practice (SHIP) social media campaign

## Marketing and Distribution (cont):

- International attention: ANPF was able to work with the International Council of Nurses International Nurse Practitioner/Advanced Practice Nursing Network (INP/APNN). They made the white paper available at <http://www.icn-apnetwork.org>. The International Council of Nurses (ICN) is a federation of more than 130 national nurses associations (NNAs), representing the more than 16 million nurses worldwide. In October 2013 an article featuring the whitepaper will be highlighted in the International Nurse Practitioner/Advanced Practice Nursing Network newsletter.
- The white paper took center stage during 2013 Simply Health In Practice 8 week social media campaign.

## Roundtable Part two:

- Identify Funding partner
- Panel suggested topics:
  - Strategies by age group – preschool, school age, teens, young adult etc.
  - Specific medical strategies - discussion of drugs (on label and off) dosing effectiveness
  - Policy issues
  - How can we help to educate the HCP community at large regarding the physiological and metabolic challenges to weight loss

## Roundtable Part two:

- Panel suggested topics (cont):
  - Help NPs develop coaching skills to help patients make real and lasting behavioral changes
  - Ethnic issues surrounding obesity
  - Addressing the stigma of obesity
  - More times spent addressing obesity in vulnerable populations i.e. mentally ill, incarcerated, mentally disabled, pregnant women, economically poor (specific strategies)



# Your Copy of the White Paper?

- White Paper available at: [www.anp-foundation.org](http://www.anp-foundation.org)

Thank you!

