

# Endocrinology Subspecialty Training Program

## Nutrition and Obesity: Goals and Objectives

### Description

The University of Florida-Jacksonville Endocrinology Educational Program is a two-year program encompassing both clinical and research experiences. A rotation for second year fellows includes a two week rotation at the Nutrition and Obesity program at University of Florida Gainesville campus. Fellows have ambulatory care responsibilities and participate in the evaluation and management of patients with nutritional disorders and weight management. Evaluation methods include direct observation and feedback at the time of the encounter and at the end of the month evaluation.

### Overall Program Goals

The goals of the University of Florida Jacksonville Endocrinology Subspecialty Training Program at Nutrition and Obesity program at the University of Florida Gainesville campus are:

1. Acquire the knowledge, skills and attitudes to manage patients with obesity and its complications.
2. Devise and employ the knowledge, skills and attitudes to render appropriate treatment to individuals desiring weight loss management (medical management as well as evaluation for weight loss surgery).

### Medical Knowledge

#### Goal

Fellows must acquire knowledge of established and evolving biomedical, clinical, epidemiological, and social-behavioral sciences, as well as apply this knowledge to patient care.

Specific objectives:

1. Fellows are expected to:
  - a. Identify the spectrum of obesity disorders including secondary causes of obesity
  - b. Identify the broad presentation of nutritional disorders including diagnosis and treatment.

### Patient Care

#### Goal

Fellows must be able to provide patient care that is compassionate, appropriate, and effective for the treatment services encompassing the entire spectrum of nutritional disorders and weight management.

Specific objectives:

1. Evaluate the patient with obesity thoroughly
2. Determine appropriate treatment plan(s) for obesity management.
  - a. Appropriate lifestyle changes
  - b. Risks, benefits and use of Anti-Obesity Medications
  - c. Bariatric surgery and other devices.
3. Bariatric surgery management
  - a. Pre-operative management
  - b. Immediate post-operative management

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- c. Long-term nutritional management
- d. Management of long-term complications including hypoglycemia
- e. Weight regain management

### **Practice- Based Learning and Improvement**

#### Goal

Fellows must safely and effectively investigate and evaluate their care of patients, to appraise and assimilate scientific evidence, and to improve continuously patient care based on constant self-evaluation and lifelong learning. Fellows are expected to develop skills and habits to be able to:

Specific objectives:

1. Fellows will:
  - a. Locate, appraise and assimilate evidence from scientific studies related to their obese patients' health problems and use information technology to optimize learning (e.g., computer based information systems).
  - b. Describe ways to systematically analyze practice, using quality improvement methods, and implement changes with the goal of practice improvement
2. Fellows are expected to review current literature and apply evidence-based medical practices in the care of patients.
3. Identify strengths, deficiencies, and limits in one's knowledge and expertise of Nutrition and Obesity.
4. Set learning and improvement goals; identify and perform appropriate learning activities.
5. Systematically analyze practice, using quality improvement methods, and implement changes with the goal of practice improvement.
6. Participate in the education of patients, families, fellows and other health professionals.

### **Systems Based Practice**

#### Goal

Fellows must practice an awareness of and responsiveness to the larger context and system of health care, as well as the ability to call effectively on other resources in the system to provide optimal health care.

Specific objectives:

1. Locate, appraise, and assimilate evidence from scientific studies related to a systems based issue that influences patient care.
2. Describe ways to analyze systematically the elements in the process, using quality improvement methods.

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3. Utilize patient resources within the community relevant to needs of patients with obesity and nutritional disorders (e.g., educational resources, consumer organizations, advocacy and support groups, and professional societies)
4. Retrieve patient records and laboratory data from within the local system, and from referring health care providers, or previous and concurrent sites of patient care.
5. Learn appropriate avenues for obtaining laboratory and imaging tests and recommended therapies for patients belonging to contracted health management organizations and insurance providers.
6. Participate as a team member in situations requiring interdisciplinary patient care in outpatient settings.

### **Professionalism**

#### Goal

Fellows commit to carrying out professional responsibilities and an adherence to ethical principles.

#### Specific objectives:

1. Fellows are expected to appreciate the unique biases in taking care of the patient with obesity.
2. Fellows are expected to render:
  - a. Compassion, integrity, and respect for others
  - b. Responsiveness to patient needs that supersedes self-interest
  - c. Respect for patient privacy and autonomy
  - d. Accountability to patients, society, and the profession
  - e. Sensitivity and responsiveness to a diverse patient population, including but not limited to diversity in gender, age, culture, race, religion, disabilities, and sexual orientation
  - f. Commitment to scholarship through presentations of conferences, literature reviews, or publications related to personal research and clinical cases.
  - g. Development of effective teaching skills for instruction of patients, peers, and other health care professionals through conference presentations and on an individual level.

### **Interpersonal and Communication Skills**

#### Goal

Fellows must practice interpersonal and communication skills that result in the effective exchange of information and teaming with patients, their families, and professional associates.

#### Specific objectives:

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1. Fellows are expected to:
  - a. Communicate effectively with patients and families across a broad range of maturity, socioeconomic and cultural backgrounds
    1. Use simple nontechnical language for oral and written communications and instructions
    2. Use appropriate interpreters for language barriers and/or sensory impairments
  - b. Communicate effectively with physicians, other health professionals, and health related agencies
    1. Write timely, appropriately comprehensive consultation notes and letters with clear assessments and management plans.
    2. Write or relay unambiguous orders, instructions, and recommendations.
  - c. Maintain comprehensive, timely, and legible medical records