Educational and Professional Obesity Initiatives

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Educational and Professional Obesity Initiatives

Focus from The TOP (physicians)

- 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

Focus from The BOTTOM (trainees)
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Focus from The BOTTOM (trainees)
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:

<table>
<thead>
<tr>
<th>ABOM Domains</th>
<th>Number of Subdomains</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Concepts</td>
<td>26</td>
</tr>
<tr>
<td>Diagnosis &amp; Evaluation</td>
<td>25</td>
</tr>
<tr>
<td>Treatment</td>
<td>40</td>
</tr>
<tr>
<td>Practice Management</td>
<td>16</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Year</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Count</td>
<td>587</td>
<td>798</td>
<td>1,155</td>
<td>1,582</td>
<td>2,068</td>
</tr>
</tbody>
</table>

Average % Distribution of Medical Specialties

- Internal Medicine
- Family Medicine
- Surgery
- Pediatrics
- Endocrinology
- Ob/Gyn
- Other
The American Board of Obesity Medicine: Five Year Report

Robert F. Kushner¹, Dana Brittan², John Cleek³, Dyan Hes⁴, Wayne English⁵, Scott Kahan⁶, and Louis Aronne⁷, on behalf of the ABOM Board of Directors

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