

Interdisciplinary Specialist Certification: Fostering Collaboration and Communication for Obesity Treatment

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No disclosures to report.

Commission on Dietetic Registration (CDR)

Certificate of Training Programs in Weight Management

- 2001- Adult Weight Management
- 2003- Childhood and Adolescent Weight Management
- 2010- Level 2 Adult Weight Management
- Intensive training programs
 - Up to 35-50 CPEU earned
- Each course offered 2-6 times/year
 - Over 20,000+ graduates to date.

New Specialist Certification:

Board Certified Specialist in Obesity and Weight Management (CSOWM)

Interdisciplinary specialist credential

Developed by The Commission on Dietetic Registration-
the credentialing agency for the Academy of Nutrition and
Dietetics.

...a health professional who possesses comprehensive knowledge of and expertise in obesity and weight management. A CSOWM professional educates, supports, and empowers patients/clients to understand and manage their weight and risks associated with being overweight or obese through nutritional , physical, psychological, behavioral, medical and/or surgical interventions.

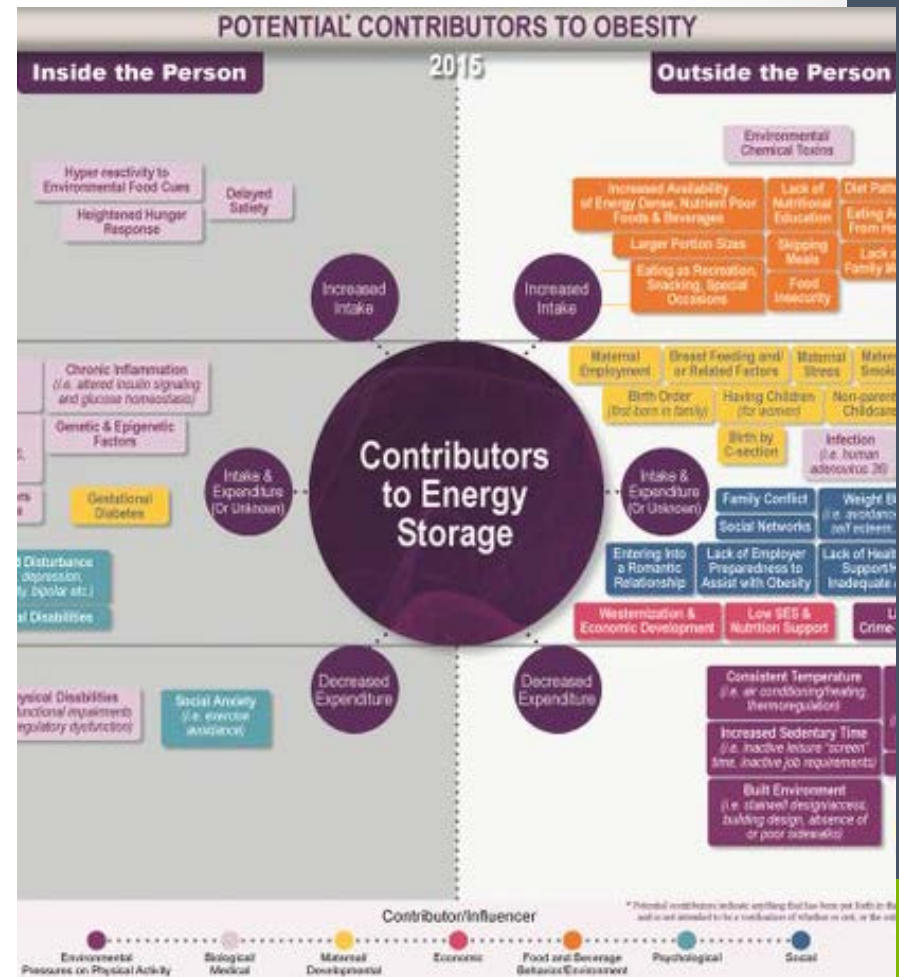


Milestones – CSOWM Process

- February 2013 – Petition submitted by the Weight Management (WM) and Diabetes Care and Education (DCE) Dietetic Practice Groups to Council on Future Practice for new specialty certification
- August/October 2013 – Consider an interdisciplinary credential?
- August 2014- Decision to move forward with development of an **interdisciplinary** Board Certified Specialist in Obesity and Weight Management certification program (CSOWM)

Why Interdisciplinary?

- Obesity is a multifactorial, chronic disease requiring interdisciplinary interventions.
- One RDN/8000 U.S. residents.
- Existing dietetics-related interdisciplinary specialist certifications, such as the CDE and CNSC are valued.

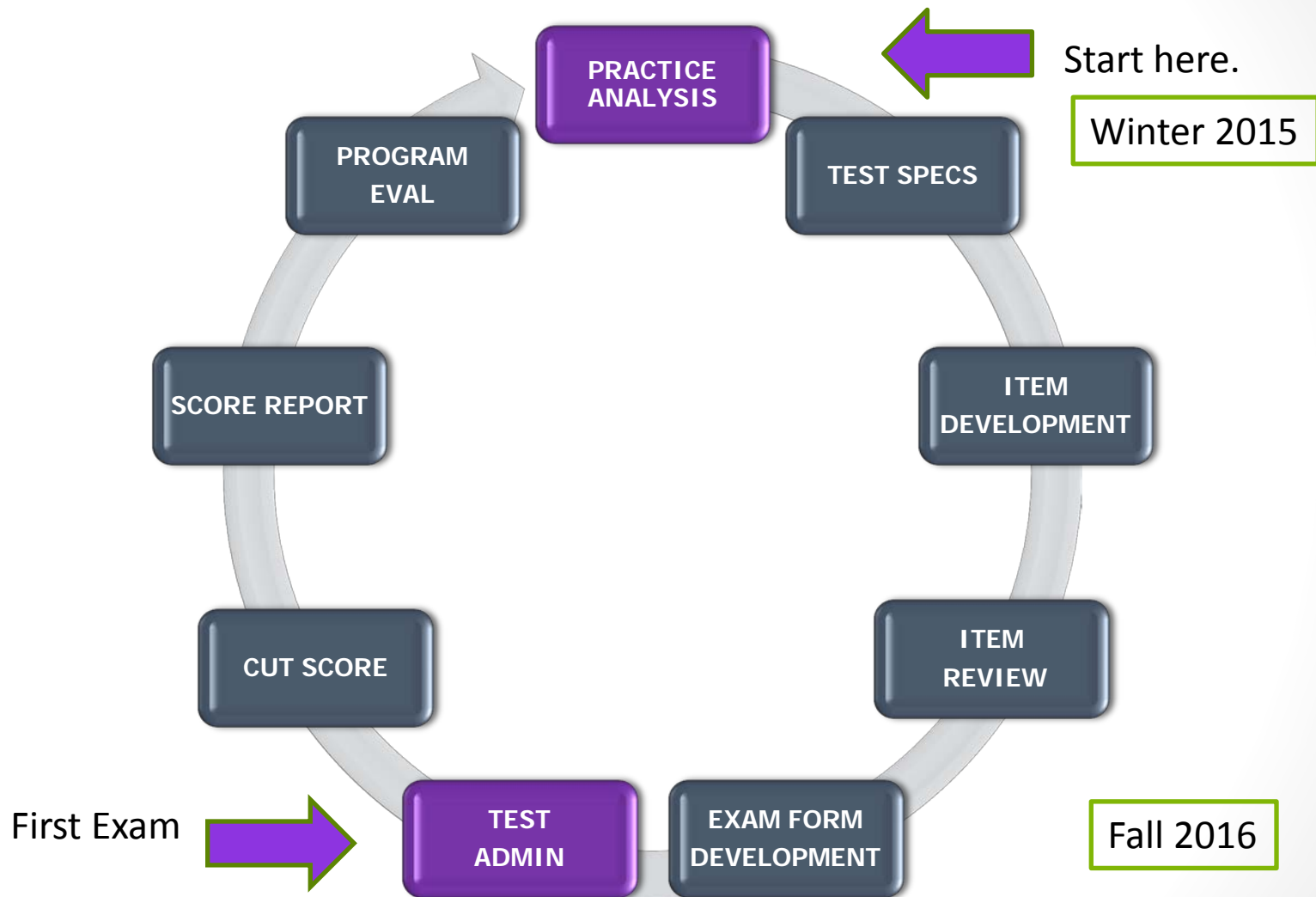


The Interdisciplinary CSOWM Practice Analysis Task Force

- Registered Dietitian Nutritionists
- Physician Assistants
- Nurse Practitioners
- Clinical Exercise Physiologists
- Licensed Behavioral Psychologist/Therapist
- Licensed Clinical Social Worker



Certification Development Process



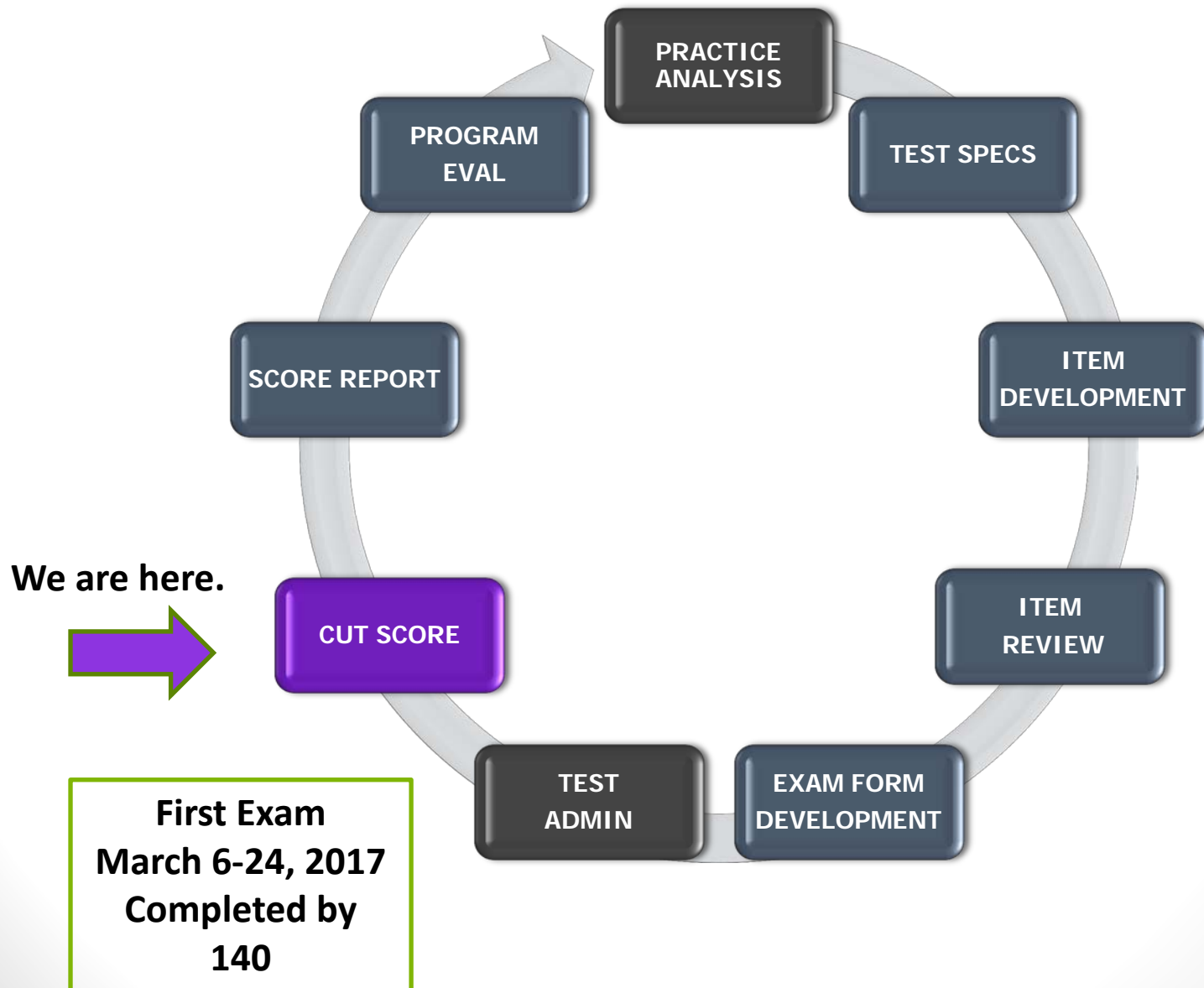
Content Outline/Test Specifications (125 multiple-choice questions)

Patient Assessment & Development of Treatment Plan		28%
	A. Patient History and Current Status	
	B. Physical Findings and Test Results	
Intervention/Treatment		48%
	A. Development of Treatment Plan	
	B. Lifestyle Modification	
	C. Nutrition	
	D. Exercise and Physical Activity	
	E. Behavioral Health	
	F. Medical Intervention	
Monitoring, Evaluation, and Case Management		24%

Eligibility Requirements

- Current, valid certification as:
 - Clinical Psychologist
 - Clinical Social Worker
 - Exercise Physiologist
 - Nurse Practitioner
 - Registered Dietitian Nutritionist
 - Physician Assistant
- Maintenance of above credential for minimum of two years
- Documentation of 2,000 hours of specialty practice experience while holding credential within the past five years
- Exam application fee: tiered \$350-400

Certification Development Process



Next Steps...

- Determine Cut Score
- Score Report
- Program Evaluation
- Next exam September 11-29, 2017
- Repeat Practice Analysis ~ 2020

Questions about the Interdisciplinary Specialist Certification in Obesity and Weight Management can be sent to CDR at

interdisciplinary@eatright.org