

# CHILDHOOD OBESITY MASTERCLASS SERIES

The 2021 EASO Childhood Obesity Masterclass Series will take place online and will be delivered by members of the EASO Childhood Obesity Task Force over three sessions.

11, 12 & 13 OCTOBER

Childhood obesity management presents many challenges to health care professionals. This course enables the participant to understand obesity as a serious, chronic, progressive and relapsing disease, and to appreciate the complexities that may hinder optimal patient diagnosis, treatment, and follow-up care.

This course is appropriate for experienced professionals, non-specialists in obesity-related professions, and as a refresher for people working within the paediatric community.

## Masterclass Topics

### Webinar 1: 11 October 2021

- ✔ Definition and prevalence of obesity. Obesity related complications. Fat mass regulation. Disease spectrum and initiation of appropriate treatments.

### Webinar 2: 12 October 2021

- ✔ Expectations for treatment progression. Changes in body composition. Relapse, drop-out, ethics, and success. Direct and indirect effects of treatment.

### Webinar 3: 13 October 2021

- ✔ Focus on the health care professional: pedagogy and communication. The patient with difficult-to-manage obesity. Neuroendocrine implications in communication and understanding. Nuanced understanding of empathy, authenticity, self-identification, challenges, resistance, authority, suffering, and perspective. Rhythm and flow in communication. Strategies to improve treatment for patients with difficult-to-manage obesity.

## Learning Objectives

- ✔ Recognise that obesity is a chronic relapsing disease that has a multifactorial aetiology and multiple health consequences
- ✔ Appreciate patient perspectives and the significant issues of stigma and weight bias
- ✔ Appreciate clinical evaluation techniques and become cognisant of the effectiveness of various strategies and combinations of interventions including dietary, physical activity, behavioural, pharmacological and surgical approaches
- ✔ Become familiar with a variety of tools and methods that can assist and enhance implementation of weight management programmes.

Teaching will be delivered by EASO affiliated KOLs via lectures and clinical case studies. All sessions will have protected Q&A time.

## Application Information

EASO expects to receive a high number of applications, it is therefore important that you give as much information as possible in your submission. There is no registration fee to participate, but this is a competitive application process and only a limited number of candidates will be accepted.

The Application Deadline is 12 September 2021.

## Find out more

<https://easo.org/education/easo-masterclasses/>