



EASO, OAG & PCDE Joint Masterclass

Primary Care at the Front Line: Practical, Person-Centred Obesity Management

Day 1: 3 March 2026		
Session 1: Setting the Scene - Understanding Obesity		
Session Chair: Volkan Yumuk (Türkiye) & Pinar Topsever (Türkiye)		
1300-1330	Learnings from Patient Experiences in Primary Care	Alina Constantin (France) and Diana Castillo (Italy)
1330-1300	Disease Recognition: The Pathophysiology of Obesity	Johanna Brix (Austria)
1400-1430	Obesity Management in Older Adults: Using the SOGLI Algorithm	Lorenzo Donini (Italy)
1430-1500	Assessing a Patient with Multi-Morbidity: An Overview of Treatment Options	Dror Dicker (Israel) and Sam Seidu (UK)
Break		
Session 2: Setting the Scene – Understanding Obesity Pt2		
Session Chair: Lubomira Fabryova (Slovakia) & Waqas Tahir (UK)		
1530-1630	How to Start a Conversation about Obesity: Practical Workshop	Stephanie DeGiorgio (UK) ECPO Patient Representative
1630-1700	Screening and Risk Management: Diagnosis, Staging and Treatment of Obesity	Borja Martínez Tellez (Spain) and Pinar Topsever (Türkiye)
1700-1800	Case Study Discussions (Assessment and Diagnosis) Case Study 1: Submitted by Masterclass Candidate Case Study 2: Submitted by Masterclass Candidate Case Study 3: Submitted by Masterclass Candidate Case Study 4: Digital Tools for Assessment and Diagnosis	Moderators EASO: Borja Martínez Tellez (Spain) PCDE: Stefan Jansson (Sweden) Expert Panel
1930-2130	Group Dinner	
Day 2: 4 March 2026		
Session 3: Making Every Consultation Count: Non-Pharmacological Interventions		
Session Chair: Florian Kiefer (Austria) & Sam Seidu (UK)		
0900-0930	Exercise Training to Support Patients with Obesity	Francesca Battista (Italy)
0930-1000	Dietary Interventions	Liisa Tolvanen (Sweden)
1000-1030	Navigating Food Environments: A Public Health Approach to Obesity Prevention in Primary Care	Maria Wakolbinger (Austria)
1030-1100	Case Study Discussions Case Study 1: Submitted by Masterclass Candidate Case Study 2: Submitted by Masterclass Candidate	Moderators EASO: Bianca Itariu (Austria) PCDE: Waqas Tahir (UK) Expert Panel
Break		
Session 4: Making Every Consultation Count: Pharmacotherapy and Related Interventions		
Session Chair: Florian Kiefer (Austria) & Pinar Topsever (Türkiye)		
1130-1200	Pharmacological Options	Bernhard Ludvik (Austria)
1200-1230	Nutritional and Functional Considerations for Incretin-Based Therapies in Obesity Management	Liisa Tolvanen (Sweden)
1230-1300	Case Study Discussion: Lessons from the UK Tirzepatide Rollout	Waqas Tahir (UK)
Lunch		
Session 5: Follow Up of Post Bariatric Surgery Patients		
Session Chair: Bernhard Ludvik (Austria) and Stefan Jansson (Sweden)		
1430-1500	Physical Activity Prescriptions Post Bariatric Surgery	Francesca Battista (Italy)
1500-1530	Psychology and Behaviour: Implications for Patients and Practitioners	Geranne Jiskoot (Netherlands)
1530-1700	Case Study Discussions (Pharmacology & Bariatric Surgery Related) Case Study 1: Submitted by Masterclass Candidate Case Study 2: Submitted by Masterclass Candidate Case Study 3: Submitted by Masterclass Candidate Case Study 4: Submitted by Masterclass Candidate	Moderators EASO: Pinar Topsever (Austria) PCDE: Sam Seidu (UK) Expert Panel
1700 - 1715	Closing Remarks	