FRI-195
OBESITY MANAGEMENT: EFFECTIVENESS OF CASE-BASED EDUCATION ON DECISION MAKING

INTRODUCTION

Obesity is a major public health crisis. In the past 10 years, prevalence in the United States has increased from 20.0% to 31.0%.

The question remains whether, despite obesity being a disease, obesity remains undertreated.

We sought to determine if participating in a case-based online educational activity related to obesity management improved the knowledge, competencies, and clinical decision-making of Internists in the United States.

RESULTS

A case-based online educational activity related to obesity management was developed, incorporating the knowledge, competencies, and clinical decision-making of Internists in the United States.

Question #2

The percentage of participants with correct responses to the questions is as follows:

- Question 1: 90% (527) with a body mass index (BMI) of 35 kg/m² or above
- Question 2: 92% (536) with a body mass index (BMI) of 35 kg/m² or above
- Question 3: 63% (368) with a body mass index (BMI) of 35 kg/m² or above
- Question 4: 23% (134) with a body mass index (BMI) of 35 kg/m² or above
- Question 5: 4% (24) with a body mass index (BMI) of 35 kg/m² or above
- Question 6: 8% (49) with a body mass index (BMI) of 35 kg/m² or above

The effectiveness of the educational activity was assessed through a paired t-test, with the mean pre-assessment score being compared to the mean post-assessment score. The effect size was calculated by comparing pre-assessment means and post-assessment means, with a mean difference of 0.25 considered as small, 0.50 as medium, and 0.80 as large.

For all questions combined, the effect size was calculated by comparing pre-assessment means and post-assessment means, with a mean difference of 0.25 considered as small, 0.50 as medium, and 0.80 as large.

A paired t-test was used to assess whether the mean pre-assessment score was significantly lower than the mean post-assessment score. The p-values were less than 0.05, indicating a statistically significant result.

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Conclusions

Online case-based CME activities serve as an effective tool to improve decision making related to obesity management, resulting in improved patient care.

Based on the results of this analysis, future education is needed related to the effect of dietary and exercise recommendations for weight loss and the mechanism of action and risk vs benefit of currently available antiobesity agents.

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