

## CONTINUING PROFESSIONAL DEVELOPMENT PROGRAMME WINTER 2009

### Dear Colleague

The topic of weight management is of highly relevant one for our country. As pharmacists it is our professional responsibility to be involved in health promotion and disease prevention. Interventions in weight management provide us with an excellent opportunity to fulfil this responsibility. This session will cover this topic from all angles ranging from the medical to the psychological. We would like to thank our speakers who have kindly agreed to prepare and facilitate these sessions.

**Maria Cordina**  
BPharm(Hons), PhD(QUB), Dip Health Outcomes Research  
President, Malta College of Pharmacy Practice

### SESSION 1

#### Effects of obesity

##### Scope

Overweight and obesity have become major concerns for public health and for policy makers. This has been hailed by the WHO as a global epidemic. Both WHO and the EU have quoted the Maltese population (at all age groups) as being amongst the heaviest in the world. This is affecting the overall burden of disease and represents a major cost to the health sector and to society. This session aims to provide an overview for participants on the present state of the obesity epidemic within the local context and the international one.

##### Objectives

- To provide participants with information relating to rising global and local obesity prevalence, health implications of obesity on the individual and the state.
- To highlight the effects of obesity and cardiovascular health.

##### Learning Objectives

- By the end of the session pharmacists will be able to:
- understand the determinants of the obesity epidemic
  - understand the association between obesity and negative health consequences
  - appreciate further the value of prevention of obesity
  - appreciate further the role of the health care professional in weight management

##### Delivered by

**Mariosa Xuereb** MD FRPC FASA FESC  
Consultant Cardiologist

##### Maria Ellul

BPharm (Hons) MSc (Aber) Dip.Pol.Stds RPHNtr FRSPH MIM  
Public Health Nutritionist  
Member, Nutrition Society (UK),  
Member, Royal Society for Public Health  
Member, Malta Institute of Management

**Date** Tuesday, 24 March 2009  
**Time** 19:30 for 20:00  
**Venue** Lecture Centre, Car park 2  
University of Malta  
**Book by** Tuesday, 17 March 2009

This workshop provides 4 credits towards the MCPP continuing education requirement.

### SESSION 2

#### Effective and sustained weight loss

##### Scope

Effective and sustained weight loss is a skill imparted to patients through the health care professional. The community pharmacist plays a key role in motivating the patient towards the attainment of an optimal Body Mass Index (BMI) and in the promotion of healthy lifestyles. Furthermore the community pharmacist has a crucial role to play in the prevention and management of associated risk factors. This session aims to enable participants to apply the behaviour change model to weight loss.

##### Objective

- To introduce the *Prochaska and Diclemente Model* of change
- To apply this model in a practical manner to achieve weight loss

##### Learning Objectives

- By the end of the session pharmacists will be able to:
- apply this model accordingly to their patients/clients
  - guide their clients/patients through the cycle of behaviour change for successful weight loss
  - interact effectively with clients and patients in the pharmacy with the aim of improving general health outcomes

##### Delivered by

**Maria Ellul**  
BPharm (Hons) MSc (Aber) Dip.Pol.Stds RPHNtr FRSPH MIM  
Public Health Nutritionist  
Member, Nutrition Society (UK),  
Member, Royal Society for Public Health  
Member, Malta Institute of Management

**Date** Wednesday, 25 March 2009  
**Time** 19:30 for 20:00  
**Venue** Lecture Centre, Car park 2  
University of Malta  
**Book by** Wednesday, 18 March 2009

This workshop provides 4 credits towards the MCPP continuing education requirement.

### SESSION 3

#### Motivating people to deal with obesity

##### Scope

Research shows that obesity is linked to heart disease, hypertension, diabetes and various other illnesses. Studies also indicate that severe obesity significantly increases the risk of premature death. People's weight is a complex function of genetic, behavioural, environmental, and psychological factors. The focus today will be on psychological factors. Motivation is a psychological function that is the key to understanding which persons will follow a weight loss programme, lose weight, exercise regularly and maintain their weight loss. Since motivation is the key it is important to consider the role of the pharmacist in supporting patients so as to identify sources of internal motivation.

##### Objectives

- To reflect on the role of motivation
- To learn about "Internal locus of control" (Rotter 1966)
- The importance of identifying psychological stressors
- Looking for resilience
- Helping patients through identifying catastrophic beliefs
- Practicing empathy and support

##### Learning objectives

- By the end of the session pharmacists will be able to:
- better help motivate individuals in weight management programmes
  - help individuals identify psychological stressors
  - be in better position to support individuals in weight management programmes

##### Delivered by

**Mireille Vila**  
D. Psicol, MA Counselling Padova, B Psy, Hone, PGCE  
Clinical and Counselling Psychologist  
Visiting Lecturer University of Malta

**Date** Thursday, 26 March 2009  
**Time** 19:30 for 20:00  
**Venue** Lecture Centre, Car park 2  
University of Malta  
**Book by** Thursday, 19 March 2009

This workshop provides 4 credits towards the MCPP continuing education requirement.



Malta College  
of Pharmacy Practice

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[www.mcppnet.org](http://www.mcppnet.org)

## Pharmacists' interventions in weight management

### MALTA COLLEGE OF PHARMACY PRACTICE

#### CONTINUING PROFESSIONAL DEVELOPMENT PROGRAMME WINTER 2009

in collaboration with  
Department of Pharmacy | Department of Clinical Pharmacology & Therapeutics | University of Malta

### Renewal of Membership

October 2008 - September 2009

€22 Full Member (≥30 credits)  
€25 Associate Member (< 30 credits)  
€25 New Member

For clarification of membership status and amount payable you may send an email to: [registrar@mcppnet.org](mailto:registrar@mcppnet.org)

In the interest of efficiency we would like to urge pharmacists to pay their membership in advance. Cheques payable to The Malta College of Pharmacy Practice Cheques should be mailed to:  
**Dr Maria Cordina, President**  
Malta College  
of Pharmacy Practice  
c/o Department of Pharmacy  
University of Malta, Msida

### Exclusive attendance

All registered pharmacists are invited to become members of the Malta College of Pharmacy Practice and attend. Only registered pharmacists are eligible to become members of the College and thus participate in the events organised.

Students wishing to attend should send an email to: [president@mcppnet.org](mailto:president@mcppnet.org)

### BOOKING

may be placed preferably by email [info@mcppnet.org](mailto:info@mcppnet.org)  
or by phone 7947 0720

THE MALTA COLLEGE OF PHARMACY PRACTICE  
PROFESSIONAL DEVELOPMENT PROGRAMME - WINTER 2009  
IS BEING SUPPORTED BY

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### Join us with partners and friends

for a relaxed and casual MCPP dinner at Happy Nights restaurant, St Andrews Road, St Andrews for a 4 course dinner on Monday 30<sup>th</sup> March (eve of a public holiday). Price €23. Please book by sending a cheque payable to the Malta College of Pharmacy Practice by 24<sup>th</sup> March.