

# Online Medical Education Improves Physicians' Understanding of the Health Benefits of Sustained Weight Loss and Competence in the Practical Management of Persons Living With Obesity

**Joachim Trier, PharmD, PhD:** Director of Educational Strategy, WebMD Global LLC; **John Wilding, DM, FRCP:** Professor of Medicine, Institute of Cardiovascular and Metabolic Medicine, University of Liverpool, Liverpool, United Kingdom; **Philippa Berman, BA (Hons) MBBS:** Medical Education Director, WebMD Global, LLC

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## BACKGROUND

Obesity is a serious chronic disease associated with multiple complications and significant morbidity and mortality. In 2015, increased body mass index (BMI) led to more than 4 million deaths, of which more than two-thirds were due to cardiovascular disease (CVD).

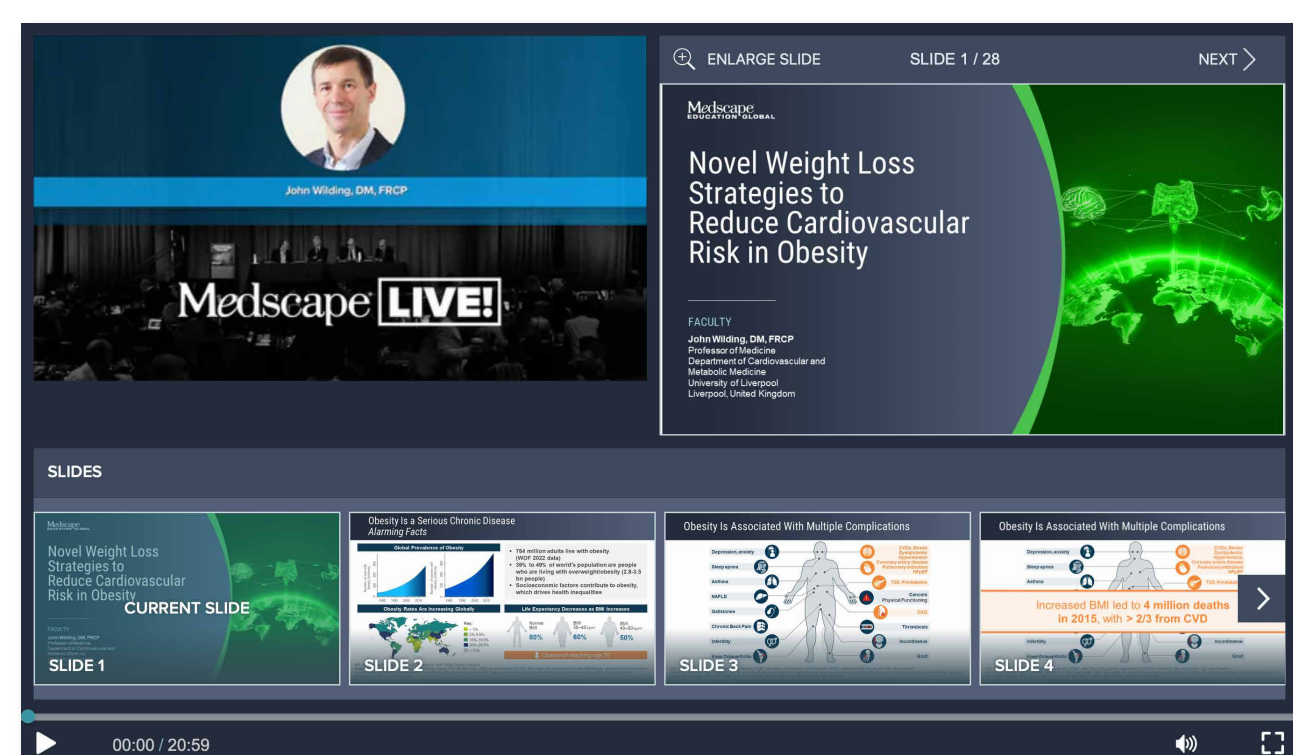


Weight loss improves health outcomes and quality of life but sustained weight reduction is difficult to achieve. However, novel incretin-based treatments with pronounced weight loss properties are now enhancing the therapeutic armamentarium to help people living with obesity achieve clinically beneficial weight loss.

The goal of this online educational activity was for cardiologists (CARDs) and primary care physicians (PCPs) to be better able to recognize obesity as a complex, chronic, progressive, and burdensome disease requiring a long-term management approach, and to achieve sustained weight loss by implementing evidence-based obesity care with the goal to prevent CVD in a cardiology or primary care setting.

## METHODS

Online audio summary with synchronized slides highlighting key aspects of a live symposium with three obesity experts at the European Society of Cardiology (ESC) annual congress. Data collection 29/10/2023 to 10/11/2023.



## RESULTS OVERALL

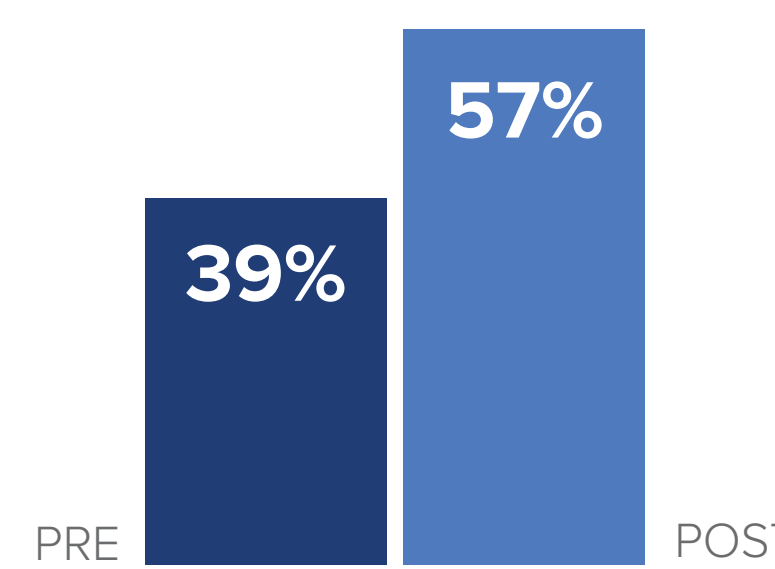


**Cardiologists (n = 50)**

AGGREGATED RESULTS

COHEN'S d

**0.80**



CHI-SQUARE TEST

**P < .001**

SIGNIFICANCE (P < .05)

EFFECT SIZE	EDUCATIONAL IMPACT
< .20	MODEST
.20 - .49	SMALL
.5 - .79	MODERATE
≥ 0.80	LARGE

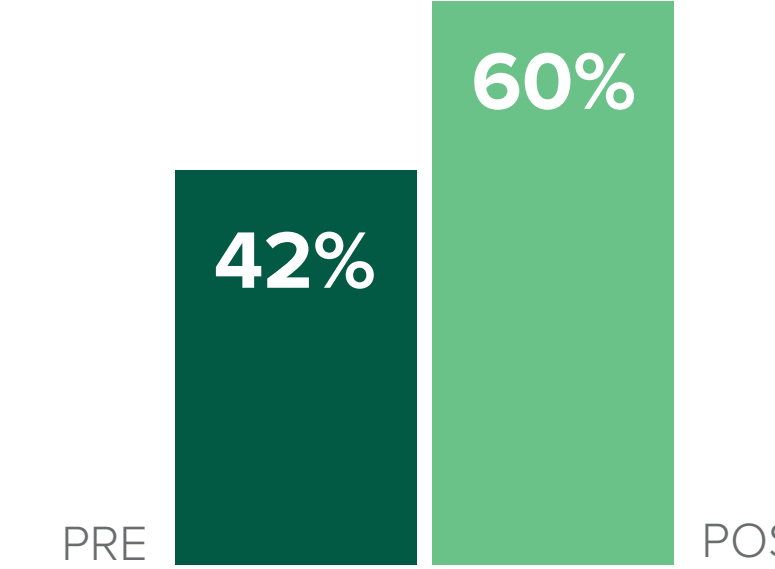


**PCPs (n = 171)**

AGGREGATED RESULTS

COHEN'S d

**0.70**



CHI-SQUARE TEST

**P < .001**

SIGNIFICANCE (P < .05)

EFFECT SIZE	EDUCATIONAL IMPACT
< .20	MODEST
.20 - .49	SMALL
.5 - .79	MODERATE
≥ 0.80	LARGE

### QUESTION 1 RESULTS

**26% of CARDs and 25% of PCPs increased their knowledge regarding the benefits of substantial and sustained weight loss for obesity-related complications and quality of life.**

**Cardiologists (n = 50)**

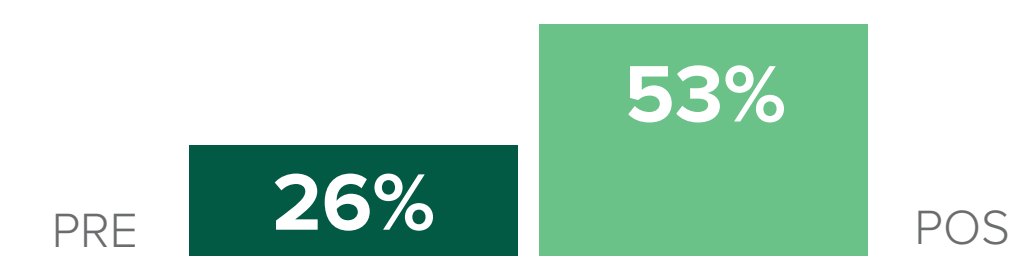
**PCPs (n = 171)**

AGGREGATED RESULTS

AGGREGATED RESULTS



P < .001



P < .05

### QUESTION 2 RESULTS

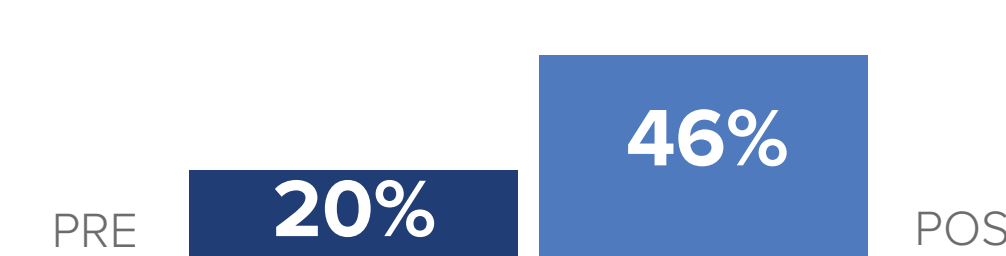
**50% of CARDs and 53% of PCPs either increased or reinforced their knowledge regarding the clinical evidence for the achievement of clinically meaningful sustained weight loss with novel anti-obesity medications**

**Cardiologists (n = 50)**

**PCPs (n = 171)**

AGGREGATED RESULTS

AGGREGATED RESULTS



P < .001



P < .001

### QUESTION 3 RESULTS

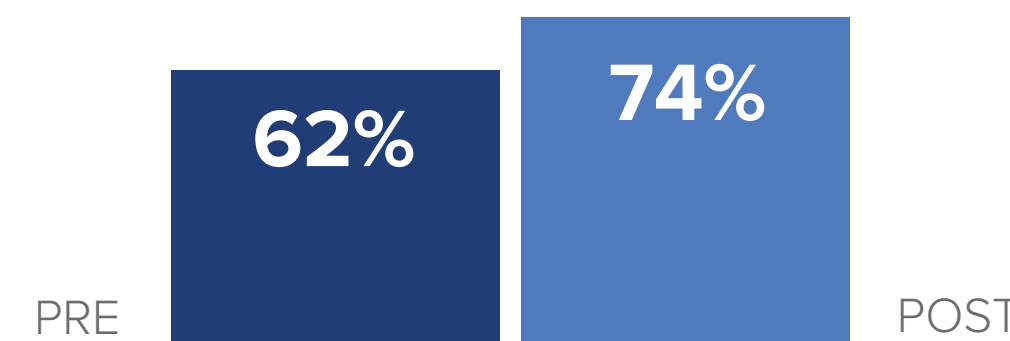
**74% of CARDs and 69% of PCPs either had greater or reinforced competence related to the practical management of appropriate patients with novel anti-obesity drugs to achieve meaningful and sustained weight loss for better health outcomes**

**Cardiologists (n = 50)**

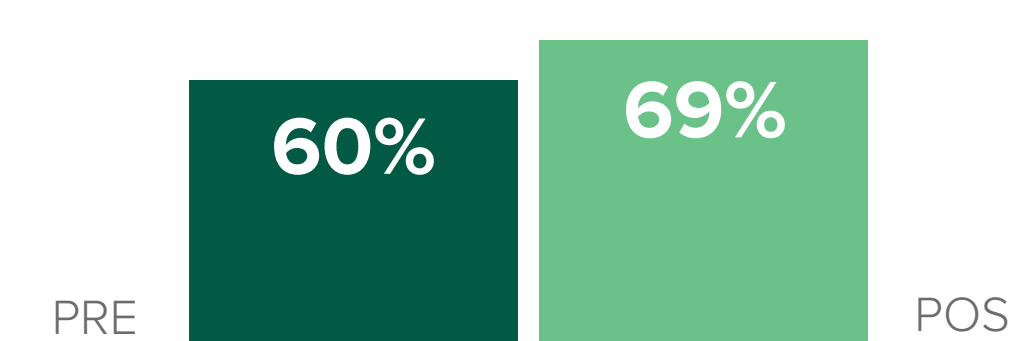
**PCPs (n = 171)**

AGGREGATED RESULTS

AGGREGATED RESULTS



P < .01



P < .05

### CONFIDENCE ASSESSMENT

**30% of CARDs and 53% of PCPs increased their confidence in selecting the best pharmacotherapy for patients living with obesity**

**Cardiologists (n = 50)**

	NOT CONFIDENT	VERY CONFIDENT	MEAN
PRE	30%	32%	2.34
POST	16%	34%	2.70

**PCPs (n = 171)**

	NOT CONFIDENT	VERY CONFIDENT	MEAN
PRE	32%	30%	2.21
POST	8%	26%	2.88

## CONCLUSIONS

Participation of CARDs and PCPs in an online expert summary of a live symposium at ESC improved their understanding of the health benefits of sustained weight loss and their competence in the practical management of persons living with obesity.

## ACKNOWLEDGEMENTS

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For more information, contact:  
Joachim Trier, PharmD, PhD  
Director of Educational Strategy,  
Medscape Education, WebMD Global LLC  
[joachim.trier@btinternet.com](mailto:joachim.trier@btinternet.com)

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