

Tentative Plan for Session Times:

Bi-monthly meetings on Wednesdays, 12:30pm - 1:45pm PST

Session/date	Topic	Didactic Duration	Case Report	Learning Objectives
1. APRIL 6, 2022	The State of Cardiometabolic Disease and What Are Targets to Mitigate Risk	25 min	25-30 min	<ul style="list-style-type: none"> Be able to discuss the disease burden of obesity, diabetes and cardiovascular disease Recognize the need to target weight, blood pressure, cholesterol, and smoking to reduce risk Identify tools to mitigate cardiovascular risk
2. APRIL 20, 2022	Individuating Glycemic Goals and Choosing Medication Therapy Based on Patient Characteristics	25 min	25-30 min	<ul style="list-style-type: none"> Explain how to choose a1c goal based on patient characteristics Identify renal and cardiac risk in their assessment for medication optimization Discuss individualized treatment choices based on patient characteristics
3. MAY 4, 2022	Diabetes Medications Part 1: Focus on Renal and CV and liver (Biguanides , Sulfonylureas)	25 min	25-30 min	<ul style="list-style-type: none"> Describe different oral medications available for the treatment of type 2 diabetes Be able to discuss the mechanism of action, efficacy, and side-effects Translate to use in those with CV, renal disease, and liver disease
4. MAY 18, 2022	Diabetes Medications Part 2: Focus on Renal and CV and liver (thiazolidinedione, DDP-4l)	25 min	25-30 min	<ul style="list-style-type: none"> Describe different oral medications available for the treatment of type 2 diabetes Discuss mechanism of action, efficacy, and side-effects Translate use of medications in CV, renal disease, and liver disease
5. JUNE 1, 2022	GLP-1 RA's (Non-Insulin Injectables): Focus on Renal and CV Effects	25 min	25-30 min	<ul style="list-style-type: none"> Describe insulin sparing injectable medications available for the treatment of type 2 diabetes in terms of mechanism of action, efficacy, side effects, CV/renal disease benefit, and use in liver/NASH Discuss differences within the class including average a1c and weight reduction Explain how to initiate and mitigate side-effect profile
6. JUNE 15, 2022	SGLT2- Is: Focus on Renal and CV Effects	25 min	25-30 min	<ul style="list-style-type: none"> Describe SGLT2-I for 2 diabetes in terms of mechanism of action, efficacy, side effects, CV/renal disease benefit, and use in liver/NASH

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				<ul style="list-style-type: none"> • Discuss side-effect profile and risk with patient • Translate to use in patients with renal disease, heart failure and CV disease
7. JUNE 29, 2022	Insulin Titration and Use with Insulin Sparing Agents	25 min	25-30 min	<ul style="list-style-type: none"> • Describe how to initiate insulin and titrate when other Type 2 DM medications are on board. • Explain the appropriate methods of calculating starting insulin doses • Identify how to replace/de-escalate with insulin sparing agents
8. JULY 13, 2022	Helping Improve Patient Access to Medications	25 min	25-30 min	<ul style="list-style-type: none"> • Explain best practices for: “reading” insurance formularies, prior authorizations, coupon use, regional and pharma sponsored patient assistance programs • Describe available support for patients in Washington region with financial need for diabetes medications
9. JULY 20, 2022	Beyond Glycemic Control: Promoting Weight Loss Using Glucose-Lowering Medications	25min	25-30 min	<ul style="list-style-type: none"> • Discuss preferred medications when there is a compelling need to minimize weight gain or promote weight loss • Discuss options for combination therapy if A1C is above target • Explain which diabetes medication may promote weight gain vs weight loss
10. AUG 3, 2022	NASH and Medication Effect	25 min	25-30 min	<ul style="list-style-type: none"> • Identify appropriate patients to screen for NASH • Discuss the potential benefit of medications in non- alcoholic fatty liver disease (NASH) • Explain lifestyle modifications for NASH
11. SEPT 7, 2022	ADA and KDOQI guidelines and Discussion: BP goals, renal medications and nutrition in those with diabetes and renal disease	25 min	25-30 min	<ul style="list-style-type: none"> • Explain different BP goals in renal disease from leading societies on renal disease and diabetes • Be able identify those that should initiate renal protective medications based on CM and renal risk based on algorithm from guidelines • Discuss the controversy over new nutrition goals for those with renal disease

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12. SEPT 21, 2022	Cardiometabolic benefits of renal, diabetes, and obesity medications: new and breaking literature	25 min	25-30 min	<ul style="list-style-type: none"> • Discuss the latest literature on CM and renal medications • Identify newer indications for CM medications
13. OCT 5, 2022	Hypertension: Pearls from an expert on blood pressure management	25 min	25-30 min	<ul style="list-style-type: none"> • Identify blood pressure goals based on individual characteristics • Choose second and third line blood pressure medications based on individual patient characteristics
14 OCT 19, 2022	Practical Considerations: Counseling and Coverage of medications for Patients with Cardiometabolic and Renal disease	25 min	25-30 min	<ul style="list-style-type: none"> • Discuss and counsel patients on the benefits and common and rare side-effects of medications for CM and Renal disease • Describe the mechanism to achieve coverage based on expert use and experience for the new CM and renal medications
15. NOV 2, 2022	Diagnosing & Delivering News of Cardiometabolic Disease Diagnosis	25 min	25-30 min	<ul style="list-style-type: none"> • Recognize the diagnosis criteria for cardiometabolic disease • Be able to discuss the diagnosis of obesity, pre-diabetes mellitus, diabetes, hypertension, and hyperlipidemia diagnosis with patients. • Calculate ASCVD risk and discuss it with patients
16. NOV 16, 2022	Core Nutrition and Exercise Changes for Weight Loss	25 min	25-30 min	<ul style="list-style-type: none"> • Translate and incorporate core nutritional and exercise ideas from Diabetes Prevention programs in daily patient engagement • Teach lifestyle changes • Explain label reading and “my healthy plate concept
17. NOV 30, 2022	FDA Approved Medications for Weight Loss	25 min	25-30 min	<ul style="list-style-type: none"> • Recognize and discuss indications for medication for weight loss • Explain medications for weight-loss • Discuss common side-effects and be comfortable using FDA approved medications for weight loss

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18. DEC 14, 2022	Obesity in the Adolescent: Indications for Early Medication Intervention	25 min	25-30 min	<ul style="list-style-type: none"> • Explain the benefit of early intervention with medication therapy • Recognize the medications available to treat obesity in adolescents and know how to select appropriate therapy
19. JAN 4, 2023	Psychiatric Medications: How to combat Weight gain/ Metabolic syndrome and hyperglycemia	25 min	25-30 min	<ul style="list-style-type: none"> • Discuss which medications increase insulin resistance and worsen metabolic syndrome and diabetes • Express how diabetes medications are indicated to improve insulin resistance and metabolic syndrome in those on psychiatric medications • Identify when early prophylaxis is an indication with medications that improve insulin resistance for select anti-psychotic medications
20. JAN 18, 2023	Beyond the Statin: Additional Cholesterol Medications for Lipid Management	25 min	25-30 min	<ul style="list-style-type: none"> • Explain indications for PCSK9- inhibitor, Ezetimibe, and Niacin • Recognize those with Familial Hypercholesterolemia that have early indication for medication • Discuss alternative therapies in those who are intolerant to statin and high CVR