PSUN326

Breaking the Cycle: Prioritizing Weight Loss to Improve OSA Management

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Background

- Obesity and obstructive sleep apnea (OSA) are mutually reinforcing conditions that increase risks for diabetes and cardiovascular disease. Poor sleep quality from OSA may worsen weight gain through hormonal disruption, fatigue, overeating, and reduced activity.
- New obesity-focused OSA treatments are emerging, including the first FDA-approved medication for obesity with moderate to severe OSA. However, many sleep and respiratory HCPs need more training, prompting a patient-informed educational curriculum.

Aim

- Develop a comprehensive educational curriculum that integrates insights from a Smart Patients focus group and incorporates patient perspectives into live educational activities to enhance HCP abilities in obesity management.

Methods

- A CME/CE–certified curriculum on obesity-focused OSA treatments was delivered through live, virtual, and enduring formats
- Smart Patients contributed **focus group findings** that highlighted patient-reported challenges and communication barriers
- Learners completed **baseline** and **posteducation** assessments measuring **knowledge**, and **clinical competence**

Conclusion

- This program identified **common barriers** to optimal care for patients with obesity and OSA. Faculty-moderated small group discussions enabled learners to **develop practical strategies** to overcome these challenges using motivational interviewing and other techniques.
- Patients are **still not having discussions** with their HCPs about weight in the context of OSA, and are **not receiving** actionable weight-management guidance.

Supported by an educational grant from Eli Lilly and Company.

HCP, healthcare professional; OSA, obstructive sleep apnea.

Effective Educational Techniques for HCPs on Obesity and OSA Management

Combining didactic presentations with interactive, case-based group workshops allows learners to exchange perspectives, compare clinical approaches and increase their skills.

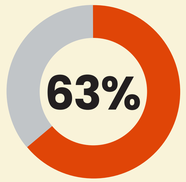
Cross-disciplinary education reinforces integrated care models, improves knowledge translation, enhances audience-specific relevance, improves engagement and retention, promotes behavior change, and increases interdisciplinary dialogue.

Survey patients about their weight loss journey and allow HCPs to reflect on this perspective.

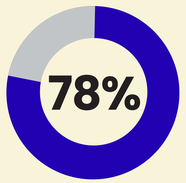
- Example:
  - About two thirds of HCPs were comfortable discussing the relationship between obesity and OSA.
  - In contrast, over half of patients reported that weight was not discussed in the context of OSA, and few received actionable weight-management guidance.

>6100 learners participated in the live and online activities

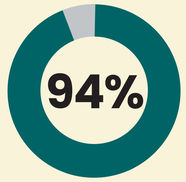
Education Impact on Practice



At Least Half of the Educational Content was New to Learner



Confident in Creating a Weight Management Plan for Patients with OSA



Intend to Change Clinical Practice

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Figures

Figure 1. 2484 learners interacted with program content.

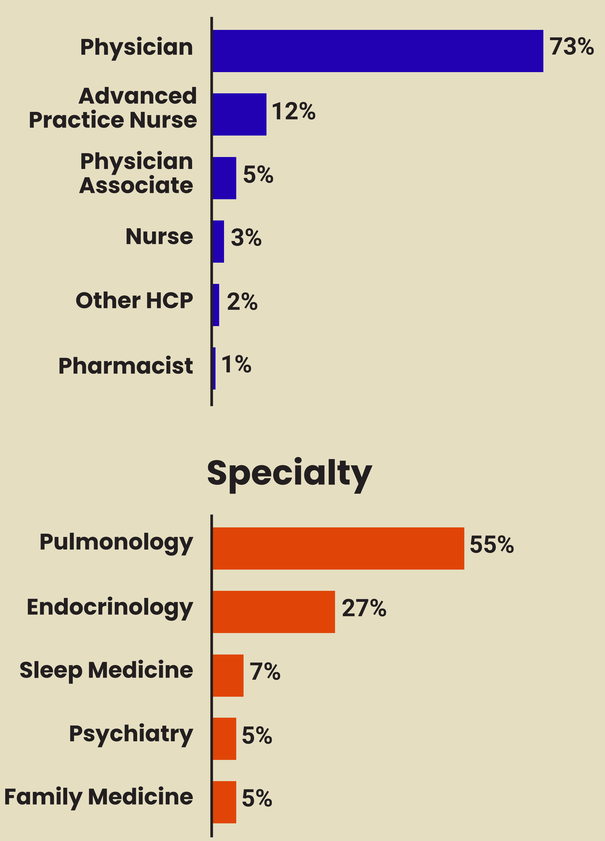


Figure 2. Program's impact on patients.

1230

Estimated No. of Patients Who Will Benefit

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