

Important Information

Audience

This course is designed for OTs, OTAs, and others as an introductory level course; however, all levels of experience are welcome as are all areas of practice.

Take the course on your own time!

Participants have 7 days to complete a course once receiving access.

Prerequisite

The Introduction to Lifestyle Redesign® is a prerequisite to the other courses in the Life Management Series, and must be completed first.

CEU Credit

Participants must complete a post test and course evaluation in order to receive a certificate of completion. Certificates are sent after the course materials are returned. Participants not fulfilling these requirements will not receive a certificate. Keep a copy of the brochure and certificate for your records.

System Requirements

Courses are presented online using Mediasite technology. To be able to view the course, you'll need to use a computer that meets certain requirements. You can test whether your computer meets the Mediasite viewing requirements at the Mediasite website: <https://support.sonicfoundry.com/Training/ViewingRequirements>

About the Presenter

Chantelle Rice, OTD, OTR/L, CDE is the director of the USC Occupational Therapy Faculty Practice, the USC Chan Division's private clinic where occupational therapists deliver lifestyle-based interventions to patients with a variety of medical diagnoses and conditions. A Certified Diabetes Educator®, she works predominantly with Lifestyle Redesign® Weight Management and Diabetes Management clients while also managing the practice's administrative operations.



Dr. Rice received her bachelor's and master's degrees in occupational therapy from USC in 2008, and earned her Doctorate of Occupational Therapy degree from USC in 2009.



The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

AOTA Classification Codes: Health & Wellness; Habits; Routines

.6 CEUs (6 contact hours)

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USC Chan Division
of Occupational Science
and Occupational Therapy



Life Management Series

Lifestyle Redesign® for Weight Management, Diabetes and Related Co-morbid Conditions

Available Distance Learning

Course Description

This course provides you with the knowledge and tools to implement an occupational therapy intervention for the prevention and/or management of overweight/obesity, bariatric surgery, diabetes/pre-diabetes, hypertension, hypercholesterolemia and other related diagnoses. This course provides detailed intervention materials and case studies to use in conjunction with the Introduction to Lifestyle Redesign® methodology course.

Learning Objectives

Participants will:

- Design occupational therapy interventions for patients with overweight/obesity, bariatric surgery, diabetes/pre-diabetes, hypertension, hypercholesterolemia and other related diagnoses
- Define the role of occupation in a weight loss/behavior modification intervention
- Explain the following topics and integrate this knowledge into treatment: how macronutrients impact blood sugar management, how the timing, quality and quantity of food choices impact overweight/obesity, and how self-care behaviors influence the management of the chronic diseases listed above
- Utilize treatment activities and ideas given in the course for these populations
- Analyze relevant documentation, billing and reimbursement issues when treating obesity and related diagnoses
- Discuss best practice for interdisciplinary work with these patient populations

Program Content

- Occupation-centered interventions for weight loss and related conditions
- Interfacing with other health professions when treating patients with these diagnoses
- Evidence-based knowledge component necessary for successful intervention such as:
 - Daily rhythms and routines that promote healthy weight and prevent/mitigate associated chronic conditions
 - Engagement in meaningful activity as strategy to increase engagement in health behaviors and to prevent overeating
 - Stress, sleep and routine and their impact on weight management
 - The role of carbohydrates in blood sugar management and weight loss
 - The role of fats and how they impact cholesterol and risk for heart disease
 - Physical activity and how it impacts weight loss and diabetes
- Case studies of OT interventions for obesity, diabetes, hypertension, bariatric surgery, behavioral health co-morbidities, weight gain secondary to stress and anxiety
- Billing and reimbursement

Other courses in the Life Management Series:

- ◆ Lifestyle Redesign® for Chronic Pain and Headache Management
 - ◆ Biopsychosocial Dimensions of Creating Life Balance
- ◆ Lifestyle Redesign® for Individuals with Multiple Sclerosis
- ◆ Lifestyle Redesign® for Individuals with Autism Spectrum Disorder

Registration

Register on-line at <https://uscot.regfox.com/lifestyle-redesign-for-weight-management-diabetes-and-related-co-morbid-c> or complete this form.

Name: _____

Title: _____

Address: _____

City: _____

State: _____ Zip: _____

E-mail: _____

Phone: _____

AOTA #: _____ Chan Alumni

Fees and Discounts

\$ 180 (regular) or \$ 162 for AOTA members and USC Chan OSOT alumni.

To pay by check:

Make check payable to **USC Chan OSOT** and mail to: Jackie Mardirossian, USC Chan OSOT, 1540 Alcazar St., CHP 133, Los Angeles, CA 90089-9003.

To pay by credit card: MasterCard Visa

Total Amount: _____

Card #: _____

Expiration: _____

CVV Code: _____

Signature: _____

Mail to the address above or fax to (323) 442-1540, attn.: Jackie Mardirossian.

You will receive an email confirmation upon receipt of registration.



For additional information go to chan.usc.edu/academics/continuing-education/life-management-series

Lifestyle Redesign® for Weight Management