Important Information

- Take the course on your own time! Participants have 7 days to complete a course after receiving access.

- Participants must complete a post test and course evaluation in order to receive a certificate of completion. Certificates will be sent once the course materials are returned. Participants not fulfilling these requirements will not receive a certificate.

- The Introduction to Lifestyle Redesign® is a pre-requisite to the other courses in the series, and must be completed first.

System Requirements

Courses are presented online using Mediasite technology (current version 6.0). To be able to view course materials, you'll need to use a computer that meets certain requirements. Go to ot.usc.edu/academics/continuing-education/life-management-series to view the requirements. You can also test whether your computer meets the Mediasite requirements at the Mediasite website: http://www.sonicfoundry.com/site-requirements.

About the Presenters

Camille Dieterle, OTD, OTR/L received her BA in English and Dance from the University of Georgia and her MA and OTD degrees from USC’s Division of Occupational Science and Occupational Therapy. She is currently the Director of the USC Occupational Therapy Faculty Practice. She also works as a consultant for the USC Executive Health and Imaging Center in downtown Los Angeles where she completes Lifestyle Risk Assessments for executive clients. Camille is a certified yoga instructor and was featured in MindBodyBalance on msn.com.

Chantelle Rice, OTD, OTR/L received her BA, MA and OTD in Occupational Therapy from USC’s Division of Occupational Science and Occupational Therapy. As part of her OTD residency at the USC OT Faculty Practice, she created a lifestyle intervention program for individuals living with diabetes. Chantelle now works predominantly with Lifestyle Redesign® Weight Management and Diabetes Management clients and has almost completed her requirements to become a certified diabetes educator.

Audience

This course is designed for OTs and OTAs as an introductory to intermediate level course.

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)

USC 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 Lifestyle Redesign® Intro methodology course.

Learning Objectives
Participants will:
- Be able to provide occupational therapy intervention for patients with overweight/obesity, bariatric surgery, diabetes/pre-diabetes, hypertension, hypercholesterolemia and other related diagnoses
- Understand the role of occupation in a weight loss/behavior modification intervention
- Understand the following topics and be able to integrate this knowledge into treatment: glycemic index/carbohydrates' impact on weight loss, the different types of fat and how these impact each diagnosis listed above and time management as a critical tool for weight loss
- Utilize treatment activities and ideas given in the course for this population
- Understand relevant documentation, billing and reimbursement issues when treating obesity and related diagnoses
- Understand best practice for interdisciplinary work with this patient population

Program Content
The course will address the following questions:
- How do I, as an OT practitioner, provide occupation-centered interventions for weight loss and related conditions?
- What is the best evidence-based information that will help my patients lose weight and lower their blood sugar/blood pressure/cholesterol?
- How does occupational therapy interface with other health professions when treating patients with these diagnoses, such as dieticians, PT, bariatric surgeons, certified diabetes educators and health coaches?
- How can I bill and get paid for weight loss treatment?

The greatest portion of the program will concentrate on the 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
- Types of carbohydrates and how they impact blood sugar and weight loss
- Types of fats and how they impact cholesterol and risk for heart disease
- Types of exercise and how they impact weight loss and diabetes
- Case studies of OT interventions for obesity, diabetes, cholesterolemia, hypertension, bariatric surgery, behavioral health co-morbidities, weight gain secondary to menopause and oncology patients whose goal is weight loss to prolong remission

Registration
Name: ____________________________
Title: ____________________________
Address: __________________________
City: __________________ Zip: ________
State: ___________ E-mail: _______________________
Phone: ________________________
 USC alumni [ ] AOTA #: ____________
[ ] Sign me up for the series (4 courses*) at a discounted price of $595! (Refer to website below)
Make check payable to USC OSOT and send check to:
Jackie Mardirossian, USC OSOT, 1540 Alcazar St., CHP 133, Los Angeles, CA 90089-9003.
To pay by credit card:
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Total Amount: ____________
Card #: ____________
Card Expiration: ____________
CCV Code: ____________
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Go to http://ot.usc.edu/academics/continuing-education/life-management-series for additional information and system requirements.

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