

The Collective Impact of CME on Accelerating Evidence-Based Care Adoption in Managing Patients with Obesity

A collaborative study:



GOAL: To assess the impact of IME on performance change and adoption of evidence-based management for patients with obesity, a three-phased study was implemented.

1 **Baseline Survey**
Quantified educational needs of US PCP and NP/PAs in managing people with obesity.
March 2022

2 **LGO-Supported IME**
Strategically aligned IME to address evidence-based healthcare gaps in providing optimal care for people with obesity
2022 - 2023

3 **Follow-up Survey**
Assessment conducted to determine if HCPs participated in any LGO-supported obesity IME.
March 2024

Study provides clear evidence to support that IME exposure makes a significant difference in moving the needle of improving care for people with obesity.

While individual CME activity reports reflect changes associated with a single program, this study establishes differences with the collective impact across IME programs.

These results show the overarching, aggregate benefits of IME in helping clinicians more rapidly adopt evidence-based care.

SAMPLE
Survey respondents were grouped accordingly into 2 cohorts:

- Learners:** participated in LGO-supported IME
- Non-learners:** did not take part in LGO-supported IME

Study Sample	2022	2024	
	Baseline Primary care HCPs (n = 155)	Non-learner Primary care HCPs (n = 143)	Learner Primary care HCPs (n = 119)
% MD, % NP/PA	66% PCP, 34% NP/PA	68% PCP, 32% NP/PA	70% PCP, 30% NP/PA
# of patients seen per week with overweight or obesity (mean)	66 patients	72 patients	83 patients

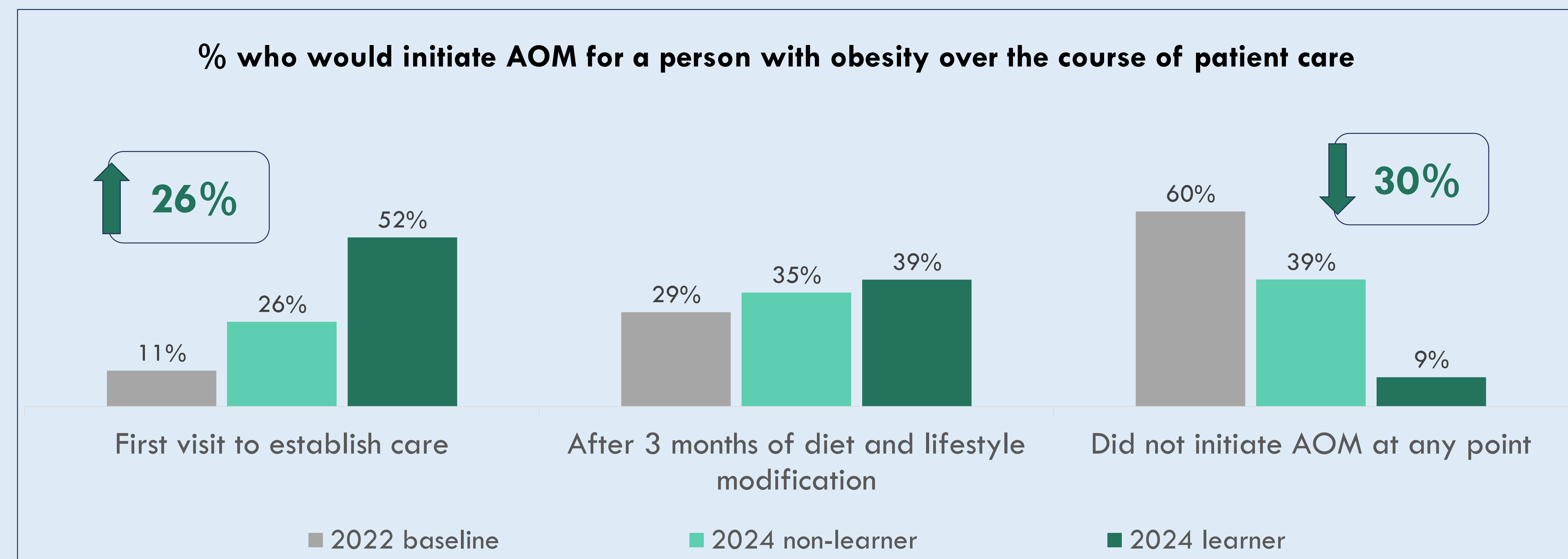
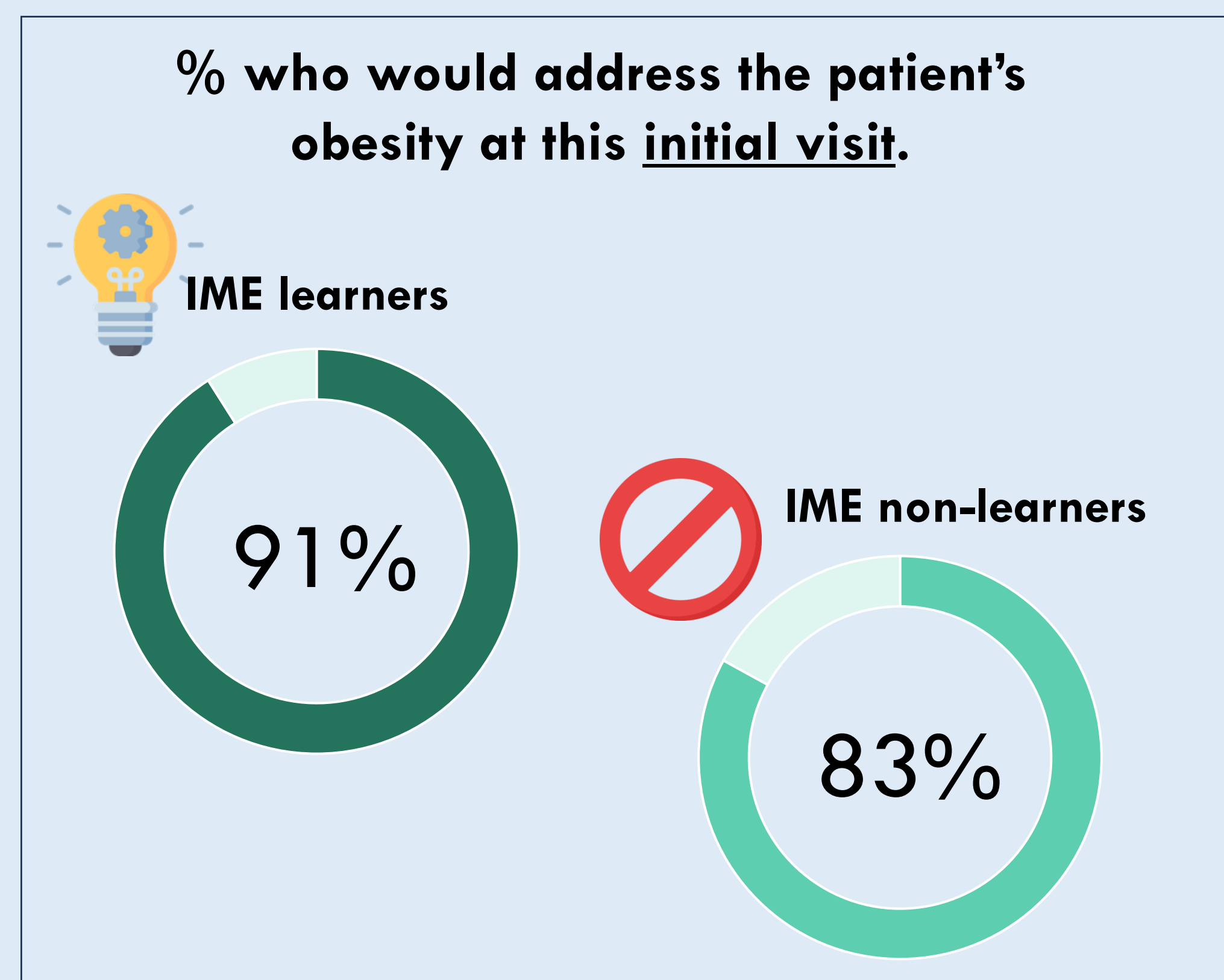
61% of learners participated in 2 or more IME activities

Non-learners reported similar exposure to info sources other than LGO-supported IME in the past year

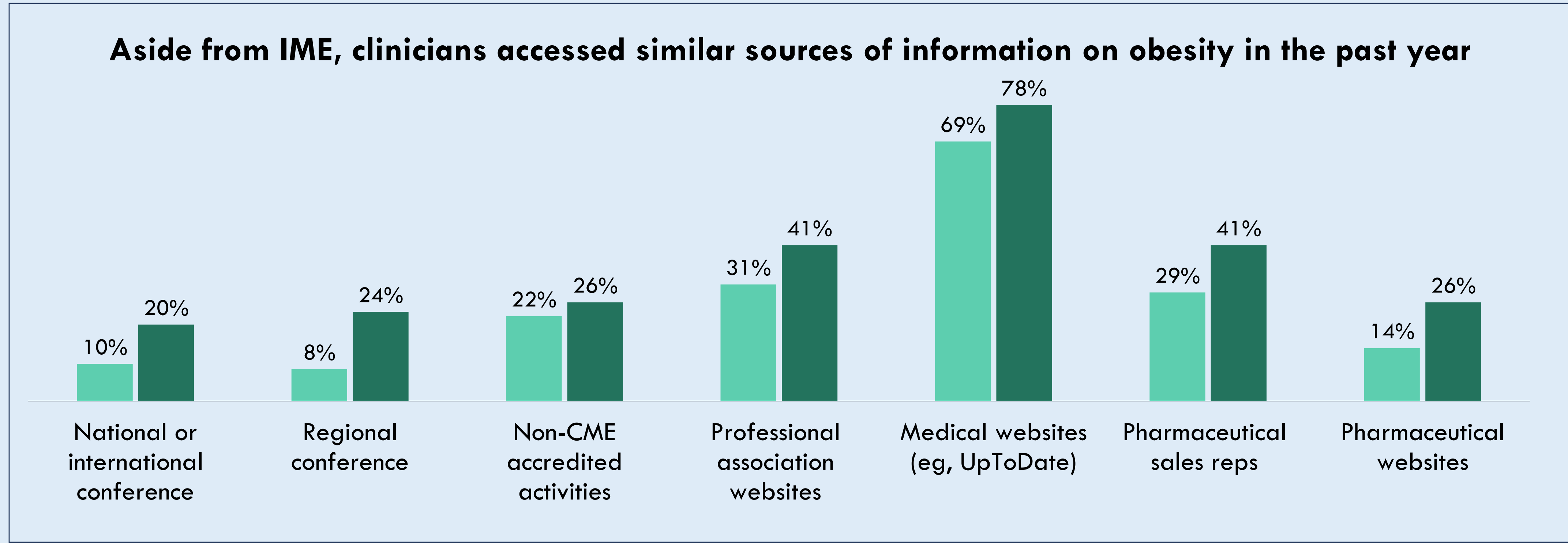
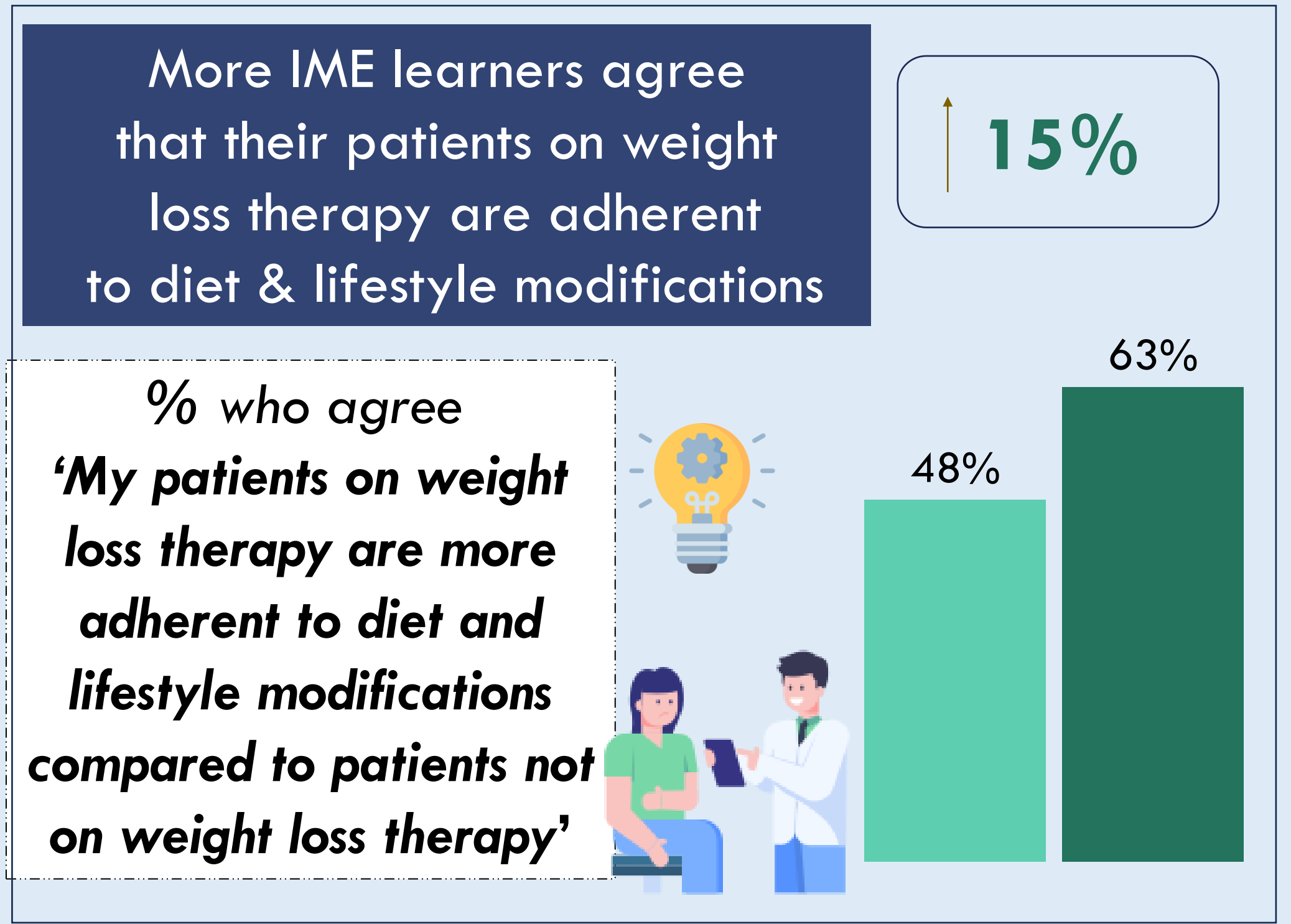
RESULTS:

Patient Case:

- 47-YO male
- Medical records indicate HTN, hyperlipidemia, asthma, erectile dysfunction, chronic low back pain, knee osteoarthritis and obesity.
- (BMI: 33.2 kg/m²).
- Current medications: amlodipine, losartan atorvastatin, albuterol, sildenafil, gabapentin, and naproxen.



Twice as many IME learners as non-learners are initiating pharmacotherapy for weight loss at initial visit, with 41% more IME learner initiating pharmacotherapy at initial visit as compared to 2022.



Key Takeaway

Via a random survey sample of US primary care HCPs, this study demonstrated a significant impact in the approach of managing people with obesity in those that participated in IME. This type of approach to IME outcomes assessment, unlike traditional individual IME program outcomes measures, allows for a broader, unique perspective of understanding how IME, as a while, can impact and improve the management of people with obesity and other chronic diseases.