

# Weight Management

- an open learning programme for pharmacists and  
pharmacy technicians

## First update (February 2009)

This is the first update to this programme, which was originally published in March 2008. If you have had access to this learning programme for some time and this update has been emailed to you from CPPE you will need to work through this update in conjunction with the original pack to ensure that your learning is current.

### About programme updates

CPPE uses 'programme guardians' who are experts from different healthcare specialties. We ask them to review our programmes to make sure each product remains current.

This update has been prepared by Roger King and should be read in conjunction with the *Weight Management* learning programme. We have indicated the relevant section and page number of the original document wherever we provide updated information.

### Website address information

The location of specific information on the internet frequently changes. If you are reading this update significantly after the date of publication, you may need to navigate the listed website addresses from the homepage of the organisation concerned. Alternatively, you can use <http://www.google.com> to make your search, typing in the name of the paper you want, in full, followed by a space, and then the name of the publishing organisation. Most of the time this will take you quickly and easily to the right paper.

### Brand names and trademarks

(page xi – amendment)

Remove [Acompla](#) ® from the existing list.

## Section 1 Basics – getting up to speed

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### Section 1.1 Obesity in adults: how common is it?

**Key facts** (*page 5 - additional text*)

Insert the following bullet point between the first two:

- Overall, one in five adults is obese and one in two to one in three is overweight.

### Section 1.12 Managing the growing problem of obesity

**Drug therapy bullet point** (*page 18 – amended text*)

Change the second sentence to read:

The only two drugs licensed in England for the treatment of obesity in adults are orlistat and sibutramine.

## Section 4 Diet

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### Section 4.1 Healthy eating: what is it?

**A word about salt** (*page 69 – additional and amended text*)

Bullet point three should read:

- Children aged between 4-6 years – no more than 3g of salt per day.

Insert the following text at the end of the bullet points:

Infants up to six months should get all of their required salt intake from breast milk or its equivalent.

## Section 5 Physical activity

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### Section 5.2 The current recommendations for physical activity

**Practice point** (*page 106 – additional and amended text*)

Change the last sentence of the Practice point to read:

Does your PCT offer 'exercise on prescription'?

Add after that, still as part of the Practice point:

If so, do you need to refer patients to their GP or can exercise prescriptions and/or referrals be issued at the pharmacy?

## Section 6 Role of drugs and surgery in weight management

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### Section 6.2 Anti-obesity drugs (*pages 113, 115-6, 121-2 – amended text*)

Amend the first paragraph to read:

Two drugs are currently licensed for the treatment of obesity in the UK:

- orlistat (Xenical)
- sibutramine (Reductil)

Add the following text:

Rimonabant (Acomplia) was withdrawn in June 2008. For more details, see the note relating to Technology appraisal, TA144, *Rimonabant for the treatment of overweight and obese patients*, available online at: <http://www.nice.org.uk/>

From then on delete all references in the text to rimonabant (Acomplia).

Delete references 5-9 which also relate to rimonabant (Acomplia).

## Section 8 Developing a weight management service

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### Section 8.2 The elements of a pharmacy weight management service

(*page 129 – amended text*)

Change the second bullet point to read:

- performing height, waist and weight measurements (and possibly other measurements such as blood pressure, blood glucose and lipids)

## Index

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*(pages 151 and 155 – amended text)*

Delete Acomplia and rimonabant.

## Feedback

We hope that you find this update useful for your practice and we welcome your comments on our learning programmes. If you are aware of other information that needs to be updated please help us by emailing your comments to:

**feedback@cppe.ac.uk** and we will pass these on to our programme guardians.



The University of Manchester

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