

Metabolic Medicine Track
Methodist Family Medicine Residency Program
Track Coordinator: Elizabeth Dockery, DO, DABOM

Goal:

The goal of the Metabolic Medicine Track is to enhance the resident physician's competence in identification and management of common metabolic conditions in the outpatient primary setting and to help prepare them for potential board certification in obesity medicine or lifestyle medicine. Residents will participate in a longitudinal, holistic curriculum which will include physiological, psychological, social, and medical management of metabolic conditions including obesity, diabetes, metabolic syndrome, and fatty liver.

Declaration: Residents should discuss their interest in this track with their faculty advisor. Ideally this track should be selected **at the end of their PGY-1**. Residents must be in good academic standing and performing at the expected level of competency to participate in this track. At any given time, the resident may opt out of their track without penalty. Prompt notice must be given to the track coordinator, faculty advisor and program director.

Learning Objectives:

Interpersonal and Communication Skills

- Use clear, empathetic, and compassionate communication to ensure a non-judgmental, supportive environment to establish rapport with patients during both in-person and virtual interactions.
- Build strong therapeutic alliances through active listening, shared decision-making, and consistent follow-up.
- Educate patients on health conditions and care plans using plain language and tailored communication methods.
- Collaborate with interdisciplinary teams, including a mental health professional, a nutritionist, a physical therapist, a pharmacist, and other healthcare providers to coordinate care for patients with metabolic-related health needs.

Medical Knowledge

- Understand the pathophysiology and epidemiology of metabolic-related pathologies and how they affect physical health and overall well-being.
- Learn and apply evidence-based treatment guidelines for the pharmacologic and non-pharmacologic management of metabolic-related conditions in primary care.
- Understand the role of social determinants of health and cultural factors in the presentations and management of metabolic pathologies.
- Understand when to appropriately refer out to specialists.

Patient Care

- Demonstrate the ability to perform a comprehensive health assessment and identify risk factors for metabolic-related comorbidities.
- Develop and implement evidence-based treatment plans for common metabolic health conditions in collaboration with an interdisciplinary team including a nutritionist, physical therapist, pharmacist, and a behavioral health specialist.
- Manage chronic conditions effectively in an outpatient setting with an emphasis on disease prevention and lifestyle medicine.
- Utilize in-person visits, virtual visits, group visits, and tailored care plans that align with patient goals.
- Apply appropriate interventions to address and treat metabolic-related health problems.

Practice-Based Learning and Improvement

- Utilize patient feedback, self-assessment, and evidence-based guidelines to continuously improve the quality of care delivered for patients with metabolic-related health concerns in the primary care setting.
- Identify gaps in knowledge or skills, seek targeted learning opportunities, and engage in self-directed learning to stay current with advances in interventions specific to metabolic-related comorbidities.

Professionalism

- Demonstrate professionalism by maintaining patient confidentiality, respecting patient autonomy, and expressing empathy, particularly when stigma may be a barrier to care.
- Uphold ethical standards in a model where financial and clinical decision-making are closely aligned with patient interests.
- Recognize and manage personal biases and emotions when working with patients with metabolic-related health issues to maintain a compassionate and professional approach.
- Expand professional network to be able to access mentorship and peer consultation when challenging or sensitive clinical issues arise.

Systems-Based Practice

- Advocate for patients with metabolic-related health needs by utilizing available resources within the healthcare system, such as counseling services, psychiatric care, nutrition services, physical therapy, pharmacy, and community support.
- Understand and utilize the healthcare system's policies and procedures related to metabolic-related healthcare, including referral processes, insurance, and billing to provide seamless care for patients.
- Understand how social determinants of health within the community influence the well-being of this patient population and utilize this knowledge to advocate for systemic change and well-being.

Outcome:

Upon completion of the track, resident physicians will have a greater knowledge and more experience than the average family medicine physician in treating and managing common metabolic-related health comorbidities such as obesity, metabolic syndrome, diabetes, and fatty liver, as well as have filled some of the requirements necessary to sit for the board certification test for lifestyle medicine and/or obesity medicine.

Requirements:

- Mandatory rotations:
 - Cardiac and pulmonary rehab
 - Endocrinology
 - Nutrition
 - Gastroenterology
- Selective rotations (resident chooses 2):
 - Bariatric surgery
 - Sleep medicine
 - Pediatric endocrinology
 - Research rotation
 - Behavioral health specializing in eating disorders
 - Metabolic medicine clinic
 - DPC clinic
 - Sports medicine
 - OMT clinic
- Metabolic medicine-focused journal presentation
- Metabolic medicine-focused scholarly activity (QI project, original research, or case study submission for publication)
- Obesity or Lifestyle Medicine conference attendance
- Lifestyle or obesity medicine community outreach event
- Leading metabolic-related group sessions in metabolic clinic
- Longitudinal patient care (one clinic session) in metabolic clinic weekly during the third year. This will replace one half day of family medicine clinic.

Suggested Progression:

PGY-1

- Meet with Dr. Dockery to explore resident's interests in metabolic track with the aspirations to be dual board certified in family medicine plus obesity or lifestyle medicine upon graduation.
- Find a mentor.
- Begin a scholarly project.
- Recommended to join a national association (Obesity Medicine Association, The Obesity Society, American College of Lifestyle Medicine, etc.).

PGY-2

- Continue scholarly project.
- Begin mandatory and/or selective rotations.

- Quarterly meetings with mentor.
- Present a metabolic medicine-related journal club.
- Community Outreach event.
- Lead group session(s) in metabolic clinic.

PGY-3

- Complete and present scholarly project at a regional or national conference.
- Complete mandatory and selective rotations.
- Lead group session(s) in metabolic clinic.
- Longitudinal care in metabolic clinic.
- Attend an obesity or lifestyle medicine national conference.
- Quarterly meetings with mentor.
- Discuss next steps for potential board certification with track coordinator, Dr. Dockery, in lifestyle or obesity medicine.
- Consider serving as a resident mentor for a PGY-1 resident or a medical student interested in metabolic medicine.

Family Medicine Faculty Lead(s)

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