

## 2025 ASO Adult Centres for Obesity Management Meeting Programme

Registration and Coffee: 08:45 to 09:15
<p><b>Session 1:</b> MDT approach to complex cases <b>09:15 to 10:45</b></p> <p>You will have the opportunity to hear from a specialised multidisciplinary team offering expert input on the care of 3 complex cases of people living with obesity.</p>
Coffee Break: 10:45 to 11:00
<p><b>Session 2:</b> MDT approach to invited complex cases <b>11:00 to 12:30</b></p> <p>This session will allow you to bring your complex cases and have the opportunity to discuss with the MDT how to approach challenging clinical scenarios that you encounter in your own practice.</p>
<p>Chairs: Dr Dimitris Papamargaritis and Dr Claudia Coelho</p> <p>Multidisciplinary team:</p> <p>Dr Ehtasham Ahmad – Obesity physician Dr Isabel Howat - Obesity physician Professor James Byrne - Bariatric surgeon Ms Nikki Coughlan - Health coach Ms Karen O'Donnell – Obesity specialist nurse Dr Jennifer James – Physiotherapist Dr Emma Shuttlewood – Clinical Psychologist Obesity specialist dietitian</p>
Lunch: 12:30 to 13:15
Industry Sponsored Symposium: 13:15 to 13:45
<p><b>Session 3:</b> Development of a proposal for the setup of obesity care pathways in the UK <b>13:45-16:30</b></p> <p>Chair: Professor Alexander Miras, Obesity Physician, Derry, UK</p> <p>Ms Lucy Marquis – Advanced Clinical Practitioner &amp; Registered Dietitian Ms Lindsay Carry – Advanced Specialist Dietitian in Diabetes &amp; Weight Management Ms Cheryl Fox – Community Connector</p> <p>In this session, we will co-design a proposal for pragmatic clinical pathways that can be used to increase access to obesity care in the UK. The aim is to draft a manuscript detailing this proposal in which participants of the session can contribute as co-authors (if they wish).</p>
Close of meeting

<b>MDT Expertise</b>	<b>Speakers</b>
Physicians	Dr Isabel Howat (Scotland), Dr Dimitris Papamargaritis, Dr Claudia Coelho
Physical Activity specialist	Dr Jennifer James (Liverpool)
Bariatric surgeon	Professor James Byrne Consultant bariatric surgeon
Dietitians	Ms Lucy Marquis (Advanced Clinical Practitioner & Registered Dietitian, Stoke on Trent)  Ms Lindsay Cary (Advanced Specialist Dietitian in Diabetes & Weight Management NHS Staffordshire)
Psychologist	Dr Emma Shuttlewood University Hospitals Coventry and War- wickshire
Specialist nurse	Ms Karen O'Donnell Bariatric nurse Imperial college London
Social Prescriber	Ms Cheryl Fox Community Connector MPFT SWITCH - Tier 3 Weight Management Pilot, Cannock Chase & Stoke-on-Trent
Health Coach	Ms Nikki Coughlan Lead Health Coach BeyondBMI