

Chronic Conditions Month

VIRTUAL WEBCAST



Obesity

Programme and Continuing Professional
Development Workbook

21 May 2026

This webcast series and supporting materials was developed by the Chronic Conditions faculty in conjunction with OmniaMed Communications. The sponsoring companies have had no input into the agenda, speaker selection, presentations or collateral content, with the exception of the symposium sessions, for which the respective sponsoring companies are fully responsible.

Dear Colleague,

Chronic Conditions Month 2026 comprises a series of free interactive broadcasts throughout May designed to address the challenges of providing care to an ageing population within a constantly evolving healthcare system.

These CPD-accredited sessions are designed to help you optimise the care of your patients living with chronic conditions. Organised by the Chronic Conditions Faculty, Chronic Conditions Month 2026 will cover a wide range of common long-term conditions within six broad therapeutic areas, not only addressing the hot topics and latest updates, but also taking a closer look at those unusual symptoms and conditions that healthcare professionals rarely see – but cannot afford to miss.

This combined programme and CPD workbook has been designed to help you demonstrate the impact of your learning and where appropriate, whether you wish to implement changes to your practice. Do make use of the space to note down any key learning points from each session as well as to record each step of the four-stage CPD cycle: reflection, planning, action and evaluation.

We hope that you will find this workbook a useful tool for your professional development.

Chronic Conditions Faculty



Kashif Ali

GP Partner and Primary Care Lead for Diabetes MCN



Peter Bagshaw

GP and NHS Somerset Clinical Lead for Mental Health, Autism, Learning Disability and Dementia



Sarah Davies

GPwSI in Diabetes, Cardiff



Steve Holmes

GP, Shepton Mallet and Clinical Respiratory Lead, NHS England South-West and NHS Somerset



Yassir Javaid

GPwSI Cardiology, Northampton

Time	Session	
13.00	Obesity management in 2026: Where are we now?	Kashif Ali, Chair Sarah Davies
14.00	Managing a patient living with obesity: "But I only have 10 minutes!"	Kashif Ali, Chair Sarah Davies



Kashif Ali

GP Partner and Primary Care Lead for Diabetes MCN

Dr Kashif Ali qualified in 2001 from the University of Glasgow and has been practicing as a GP since 2005. He is currently a partner at the Nithsdale Merryvale Group and primary care lead for Diabetes in NHS Glasgow. He is a GP trainer and a Diabetes UK Clinical Champion.

Kashif has an interest in Obesity and hold SCOPE (Strategic Centre for Obesity Professional Education) certification.



Sarah Davies

GPwSI in Diabetes, Cardiff

Dr Sarah Davies is a GP in Cardiff with a special interest in diabetes. She qualified at the University of Wales College of Medicine in 2003 and initially trained as a physician, before making the move into general practice and never looked back! She has continued her interest in diabetes and presents regularly on the subject to colleagues at local and national meetings. She is passionate about general practice, particularly great quality diabetes care in the primary care setting.

She is the Clinical Director for diabetes in primary care for Cardiff and Vale UHB and All Wales Lead for diabetes in primary care. She is a Diabetes UK Clinical Champion, Primary Care Diabetes Society committee member and a presenter for NB Medical Hot Topics, leading their diabetes course.

Presentation title:
Obesity management in 2026: Where are we now?

Date of meeting: **21 May 2026** | Location of meeting: **Online**

This worksheet has been developed by the organisers to help you identify key learning points from the conference, and to provide a framework for clarifying and recording CPD initiatives that you carry out as a result of this learning.

Name:

1. Identifying key learning points

What were the key learning points from this presentation?

2. Reflect: Self-appraisal or assessment

What are your personal and organisational needs related to this session? What could be changed or improved in your practice as a result of what you have learnt?

3. Plan: Designing a professional development plan

What are the possible CPD initiatives related to the needs identified above? What kind of activities could you include to help you address the changes identified above in your practice (e.g. discussions with colleagues, patient records review, interest group meetings, secondments, deputising)?

4. Act: Putting the plan into action

Record a stepped action plan below for implementing the changes identified in section 2 in your practice:

Next steps to take	Date of implementation

5. Evaluate: Reviewing the results and assessing their impact

What have you done as a result of this process? What was successful? Did you encounter any problems? Would you do anything differently if you repeated the activity?

How has the initiative impacted upon patient care?

6. Claim credits for this activity

Use the table below to record the number of hours spent on this CPD activity, and to indicate whether or not the impact factor can be applied:

Time taken for this activity (hours). Each hour equates to one CPD credit:

Can you demonstrate the impact of this activity on patient care?
(If yes, multiply the number of hours spent by two)

Total number of credits claimed:

Date:

Presentation title:**Managing a patient living with obesity: “But I only have 10 minutes!”**

Date of meeting: **21 May 2026** | Location of meeting: **Online**

This worksheet has been developed by the organisers to help you identify key learning points from the conference, and to provide a framework for clarifying and recording CPD initiatives that you carry out as a result of this learning.

Name:

1. Identifying key learning points

What were the key learning points from this presentation?

2. Reflect: Self-appraisal or assessment

What are your personal and organisational needs related to this session? What could be changed or improved in your practice as a result of what you have learnt?

3. Plan: Designing a professional development plan

What are the possible CPD initiatives related to the needs identified above? What kind of activities could you include to help you address the changes identified above in your practice (e.g. discussions with colleagues, patient records review, interest group meetings, secondments, deputising)?

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