

**UW Cardiometabolic ECHO
Agenda/Didactic Curriculum**



| Session | Topic | Case | Learning Objectives |
|-----------------------------|--|--------|--|
| 1. September 11. 2024 | The State of Cardiometabolic Disease; Screening and Targets to Mitigate Risk | 1 Case | <ul style="list-style-type: none"> • Discuss the disease burden of diabetes, renal and cardiovascular disease • Recognize the need for screening for weight, blood pressure, lipids, and UACR testing • Identify tools to mitigate cardiovascular risk |
| 2. September 25. 2024 | Individuating Glycemic Goals and Choosing Medication Therapy Based on Patient Characteristics | 1 Case | <ul style="list-style-type: none"> • Explain how to choose a1c goal based on patient characteristics • Identify renal and cardiac risk in their assessment for medication optimization • Discuss individualize treatment choices based on patient characteristics |
| 3. October 9, 2024 | Diabetes Medications Part 1: Focus on the heart, kidney, and liver (Biguanides, Sulfonylureas) | 1 Case | <ul style="list-style-type: none"> • Describe different oral medications available for the treatment of type 2 diabetes • Discuss the mechanism of action, efficacy, and side-effects • Translate to use in those with CV, renal disease, and liver disease |
| 4. October 23, 2024 | Diabetes Medications Part 2: Focus on the heart, kidney, and liver (Thiazolidinedione, DDP-4I) | 1 Case | <ul style="list-style-type: none"> • Describe different oral medications available for the treatment of type 2 diabetes • Discussion mechanism of action, efficacy, and side-effects • Translate to use in CV, renal disease, and liver disease |
| 5. November 6, 2024 | GLP-1 RAs/GIP/GLP-RAs (Non-Insulin Injectables): Focus on Renal and CV Effects | 1 Case | <ul style="list-style-type: none"> • Describe insulin sparing injectable medications available for the treatment of type 2 diabetes in terms of mechanism of action, efficacy, side effects, CV/renal disease benefit, and use in liver/NASH • Discuss differences within the class including average a1c and weight reduction • Explain how to initiate and mitigate side-effect profile |

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| 6. November 20, 2024 | Insulin Titration and Use/replacement with Insulin Sparing Agents (GLP/ GLP/GIP) | 1 Case | <ul style="list-style-type: none"> Describe how to initiate insulin and titrate when other type 2 DM medications are on board. Explain the appropriate methods of calculating starting insulin doses Identify how to replace/de-escalate with insulin sparing agents |
| 7. December 4, 2024 | SGLT2-Inhibitors: Focus on Renal and CV Effects | 1 Case | <ul style="list-style-type: none"> Describe SGLT2-I for 2 diabetes in terms of mechanism of action, efficacy, side effects, CV/renal disease benefit, and use in liver/NASH Discuss side-effect profile and risk with patient Translate use in those with renal disease, heart failure and CV disease |
| 8. December 18, 2024 | “Beyond Glycemic Control:” Promoting Weight Loss Using Glucose-Lowering Medications | 1 Case | <ul style="list-style-type: none"> Discuss preferred medications when there is a compelling need to minimize weight gain or promote weight loss Discuss options for combination therapy if A1C is above target Explain which diabetes medications promote weight gain vs weight loss |
| 9. Jan 8, 2025 | ADA and KDOQI Guidelines and Discussion: BP goals, renal medications, and nutrition in those with diabetes and renal disease | 1 Case | <ul style="list-style-type: none"> Explain different BP goals in renal disease from leading societies on renal disease and diabetes Identify those that should initiate renal protective medications based on CM and renal risk based on algorithm from guidelines Discuss the controversy over new nutrition goals for those with renal disease |
| 10. January 15, 2025 | How to Improve Cardiorenal Event Rates: Discussion of Cardiometabolic benefits of Renal, Diabetes, and Obesity Medications: | 1 Case | <ul style="list-style-type: none"> Discuss the latest literature on CM and renal medications including nonsteroidal mineralocorticoid receptor agonists (finerenone) Identify newer indications for CM medications including GLP1-RA (semaglutide) and GLP1-GIP combo therapy (tirzepatide) |

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| 11. January 29, 2025 | Practical Considerations: Counseling and Coverage of Medications for Patients with Cardiometabolic and Renal disease | 1 Case | <ul style="list-style-type: none"> • Discuss and counsel patients on the benefits and common and rare side-effects of medications for CM and Renal disease • Describe the mechanism to achieve coverage based on expert use and experience for the new CM and renal medications |
| 12. February 12, 2025 | Diagnosing & Delivering News of Cardiometabolic Disease Diagnosis | 1 Case | <ul style="list-style-type: none"> • Recognize the diagnosis criteria for cardiometabolic disease • Discuss the diagnosis of obesity, pre-diabetes mellitus, diabetes, hypertension, and hyperlipidemia diagnosis with patients. • Identify ASCVD risk and discuss it with patients. |
| 13. February 26, 2025 | Patient Selection for Cardiometabolic Medications: Case-based Examples of putting New Guidelines into Practice | 1 Case | <ul style="list-style-type: none"> • Identify appropriate patients for screening for cardiorenal disease • Increase knowledge on add-on therapies for CM optimization |
| 14. March 12, 2025 | Core Nutrition and Exercise Changes for Weight Loss | 1 Case | <ul style="list-style-type: none"> • Translate and incorporate core nutritional and exercise ideas from Diabetes Prevention program in their daily patient engagement to teach lifestyle changes • Explain label reading and “my healthy plate” concept • Relate knowledge and partner with patients for small changes in clinical setting for health. |
| 15. March 26, 2025 | Medications for Weight Loss | 1 Case | <ul style="list-style-type: none"> • Recognize and discuss indications for medication for weight loss • Explain medications for weight loss. • Discuss common side-effects and be comfortable using medications for weight loss |