

GLP-1 Agonists Through a Functional Lens: Pharmacotherapy, Physiology, and Patient Support

Release Date: February 20, 2026

Expiration Date: February 20, 2027

Activity Overview

This activity aligns with healthcare providers' responsibilities in medication safety, patient education, chronic disease management, and collaborative care for individuals using GLP-1 therapies.

Target Audience

This activity is designed for an audience of Physicians, PAs, Pharmacists, and Nurses.

Learning Objectives

Upon completion of the educational activity, participants should be able to:

- Describe the physiology of GLP-1 signaling and its role in appetite regulation, glycemic control, and cardiometabolic health.
- Identify evidence-based lifestyle, dietary, and nutraceutical strategies shown to naturally support endogenous GLP-1 activity.
- Compare currently available GLP-1 receptor agonists, including mechanisms of action, approved indications, and key clinical considerations.
- Apply integrative nutrition and lifestyle strategies to support patients using GLP-1 medications, with a focus on GI tolerance, lean mass preservation, and long-term metabolic health

Criteria for Success

To obtain a certificate of completion, a score of 70% or better on the post-test is required. Please proceed with the activity until you have successfully completed this program, answered all test questions, completed the post-test and evaluation, and have received a digital copy of your certificate. You must participate in the entire activity to receive credit. If you have questions about this activity, please contact AKH Inc. at bethany@akhcme.com.



CE credit provided by AKH Inc., Advancing Knowledge in Healthcare.



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INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by AKH Inc., Advancing Knowledge in Healthcare and Revelar Health, LLC. AKH Inc., Advancing Knowledge in Healthcare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 1.0 Interprofessional Continuing Education (IPCE) credit for learning and change.

Physicians

AKH Inc., Advancing Knowledge in Healthcare designates this live enduring material for a maximum of 1.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses

Credit being awarded: 1.0 ANCC contact hours

Pharmacists

AKH Inc., Advancing Knowledge in Healthcare designates this continuing education activity for 1.0 contact hours.

Physician Associate



AKH Inc., Advancing Knowledge in Healthcare has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 AAPA Category 1 CME credits. Approval is valid until 02/20/2027. PAs should only claim credit commensurate with the extent of their participation.

Nurse Practitioners

This activity has been planned and implemented in accordance with the Accreditation Standards of the American Association of Nurse Practitioners (AANP) through the joint providership of AKH Inc., Advancing Knowledge in Healthcare and Revelar Health, LLC. AKH Inc., Advancing Knowledge in Healthcare is accredited by the American Association of Nurse Practitioners as an approved provider of nurse practitioner continuing education. Provider number: 030803. "This activity is pending approval of up to 1.0 contact hours of accredited education."

Dietitians

 <p>Commission on Dietetic Registration the credentialing agency for the Academy of Nutrition and Dietetics</p>	<p>Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU). If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU). RD's and DTRs are to select activity type 102 in their Activity Log. Performance Indicator selection is at the learner's discretion.</p>
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Commercial Support

There is no commercial support for this activity.

DISCLOSURES		
Name	Relationship	Commercial Interest
Melody Hartzler, PharmD (faculty)	Advisor	Designs for Health Advisory Board
Dorothy Caputo, MA, BSN, RN - President, AKH Inc., Advancing Knowledge in Healthcare	N/A	Nothing to disclose
Becca Lakofsky, BSN (planner/reviewer)	N/A	Nothing to disclose
AKH Inc Staff and Planners	N/A	Nothing to disclose
Revelar Health, LLC Staff and Planners	N/A	Nothing to disclose
All of the relevant financial relationships listed for these individuals have been mitigated.		

Disclosures

It is the policy of AKH Inc. to ensure independence, balance, objectivity, scientific rigor, and integrity in all of its continuing education activities. The author must disclose to the participants any significant relationships with ineligible companies whose products or devices may be mentioned in the activity or with the commercial supporter of this continuing education activity. Identified conflicts of interest are mitigated by AKH prior to accreditation of the activity. AKH planners and reviewers have no relevant financial relationships to disclose.

Disclosure of Unlabeled Use and Investigational Product

This educational activity may include discussion of uses of agents that are investigational and/or unapproved by the FDA. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

Disclaimer

This course is designed solely to provide the healthcare professional with information to assist in his/her practice and professional development and is not to be considered a diagnostic tool to replace professional advice or treatment. The course serves as a general guide to the healthcare professional, and therefore, cannot be considered as giving legal, nursing, medical, or other professional advice in specific cases. AKH Inc. specifically disclaim responsibility for any adverse consequences resulting directly or indirectly from information in the course, for undetected error, or through participants misunderstanding of the content. If you would like to opt out from future communications from AKH please send an email to optout@akhcme.com with your information with "Opt Out" in the subject line.