



Food As Medicine for Medical Professionals

Description

As one of the key pillars of lifestyle medicine, healthful eating has the power to help prevent, treat, and even reverse many chronic diseases. Yet, most clinicians do not receive education on food as medicine. This course will equip clinicians with knowledge of dietary patterns shown to prevent, treat, and reverse chronic diseases as well as prepare them to implement food as medicine at a practical level in patient care. The course will also include nutrition considerations for various lifecycle stages and special populations, nutrition and scope of practice, and pharmaceutical implications in food as medicine practice.

Target Audience

Clinicians with an interest in food as medicine:

- Physicians
- Registered nurses, nurse practitioners
- Physician assistants
- Registered dietitians
- Physical therapists, occupational therapists
- Pharmacists
- Other allied health professionals working with chronic disease prevention or treatment
- Certified health coaches
- Clinicians in training

Learning Objectives

1. Describe the overall dietary pattern for disease prevention and longevity
2. Apply nutrition guidelines for disease treatment and reversal of common chronic diseases
3. Develop nutrition prescriptions for disease treatment and reversal of common chronic diseases
4. Apply practical strategies for implementing food as medicine in patient care

Format

Online CME/CE Course using Educational and Instructional Design Best Practices.

Eight (8) sessions:

- Nutrition for Prevention and Longevity | **AVAILABLE Now**
- Nutrition for Treatment and Risk Reduction | **AVAILABLE Now**
- Calorie Density: A Simple yet Powerful Concept | **Coming Soon**
- Heart Disease | **In Development**
- Diabetes | **In Development**
- Cancers | **In Development**
- Brain Health | **In Development**
- Prepregnancy, Pregnancy and Postpartum | **In Development**

Professional Practice & Education Gaps

Clinicians such as physicians and nurses receive little to no nutrition education despite the evidence showing that dietary habits significantly impact chronic disease prevention and progression. Since these clinicians lack nutrition education, they are unable to support patients in effectively making dietary changes. Although some clinicians like registered dietitians receive extensive nutrition education, their education focuses mainly on maintaining overall health, preventing chronic disease, and disease management versus treatment and reversal.

Educational Needs

Since dietary choices have such a profound impact on health and disease progression, all health care professionals should possess basic knowledge on utilizing food as medicine in patient care. For clinicians such as registered dietitians who are practicing more advanced nutrition therapy, the ability to apply food as medicine for the treatment and reversal of chronic disease is needed.



Description

This Food as Medicine course session will provide an overview of the scientific evidence on food groups and dietary patterns for treatment and risk reduction of common lifestyle-related conditions, with a focus on cardiovascular disease, insulin resistance, cancer prevention, and obesity. The session also includes a brief review of carbohydrates, fats, and protein in relation to chronic disease, as well as a discussion of practical approaches to nutrition counseling.

PRICING | 1.5 HOUR COURSE

Physician/Doctor:

Non-Members: \$60 | ACLM Members: \$45

Non-Doctoral Health Professional:

Non-Members: \$45 | ACLM Members: \$33.75

Student/Trainee:

Non-Members: \$30 | ACLM Members: \$22.50

Learning Objectives

- Describe dietary patterns that have been shown to be effective in the treatment and risk reduction of common lifestyle-related chronic diseases
- Discuss how diet behaviors impact chronic disease development and progression
- Identify ways in which different macronutrient sources may contribute to disease progression or improvement
- Explore basic counseling strategies for dietary behavior change

Accreditation Statement: Nutrition for Treatment and Risk Reduction

In support of patient care, Rush University Medical Center is jointly accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for the healthcare team.

Rush University Medical Center designates this enduring material for a maximum of 1.50 AMA PRA Category 1 Credit(s)™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

This activity is being presented without bias and without commercial support. ANCC Credit Designation – Nurses

The maximum number of hours awarded for this CE activity is 1.50 contact hours.

Rush University is an approved provider for physical therapy (216.000272), occupational therapy, respiratory therapy, social work (159.001203), nutrition, speech-audiology, and psychology by the Illinois Department of Professional Regulation. Rush University designates this enduring material for 1.50 Continuing Education credit(s).

Rush University Medical Center designates this knowledge based CPE activity for 1.50 contact hours for pharmacists.

Rush University designates this internet enduring material for 1.50 CE credits in psychology. Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 1.50 MOC points in the American Board of Internal Medicine's (ABIM)

Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participation completion information to ACCME for the purpose of granting ABIM MOC credit.

The AAFP has reviewed Food as Medicine: Nutrition for Prevention and Longevity and deemed it acceptable for up to 1.5 Enduring Materials, Self-Study AAFP Prescribed credit. Term of Approval is from 05/17/2022 to 05/17/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The American Board of Lifestyle Medicine has approved 1.5 maintenance of certification credits for this learning activity.

The National Board for Health and Wellness Coaching (NBHWC) has approved 1.5 continuing education credits for this learning activity: CE-000071-3.



lifestylemedicine.org/food-as-medicine