



Foundations of Lifestyle Medicine

Board Review Course

Description

The American College of Lifestyle Medicine is pleased to offer the Foundations of Lifestyle Medicine Board Review Course, 3rd Edition. This course development was led by coauthors and faculty John Kelly, MD, MPH, LM Specialist and Jeni Shull Clayton, MD, MPH, DipABLM, with additional support from subject matter experts in the field of lifestyle medicine. The Foundations of Lifestyle Medicine Board Review Course 3rd Edition is an evidence-based course designed to provide a review and successfully prepare candidates for the American Board of Lifestyle Medicine (ABLM) Certification Exam (ABLM.co/how). This course development was led by coauthors and faculty John Kelly, MD, MPH, LM Specialist and Jeni Shull Clayton, MD, MPH, DipABLM, with additional support from subject matter experts in the field of lifestyle medicine.

Format

The Foundations of Lifestyle Medicine Board Review, 3rd Edition is hosted online via the ACLM Learning Management System and consists of 3 main components:

COMPONENT 1 - Board Review Course Manual and Quiz Questions (20 hours): The Board Review Course Manual is available in printed form and online within the ACLM learning management system. The manual consists of 10 sections, Lifestyle Medicine key articles, appendix, index, detailed graphics, tables and figures, and over 120 quiz questions. Each of the ten sections have corresponding quiz questions available to complete in the paper copy of the book and online via the ACLM LMS. Enrollees seeking CME/CE credits will be required to read the material and complete the quiz questions via the online course to receive their CME/CE Certificate.

COMPONENT 2 - Key Lifestyle Medicine Articles and Quiz Questions (2 hours): The manual also includes 9 Key Lifestyle Medicine Article Summaries with 2 corresponding review questions each. Enrollees seeking CME/CE credits must read the article summaries and complete the questions via the online course to receive their CME/CE Certificate. This course component will account for 2 hours.

COMPONENT 3 - Online Review Lectures (8 hours): There are 10 review lectures with corresponding questions. Enrollees seeking CME credits for the course will be required to complete the review lectures and corresponding questions via the online course to receive their CME/CE Certificate. This course component will account for 8 hours.

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Learning Objectives

1. Review the pillars of evidence-based lifestyle medicine and how it can prevent, treat and reverse disease.
2. Review evidence-based lifestyle medicine prescriptions and their clinical application.
3. Review evidence-based lifestyle medicine content that will be tested on the Lifestyle Medicine Board Certification Exam.

Pricing

30 CME/CE Hour Course

ACLM Members: \$674.25

Non-Members: \$899.00

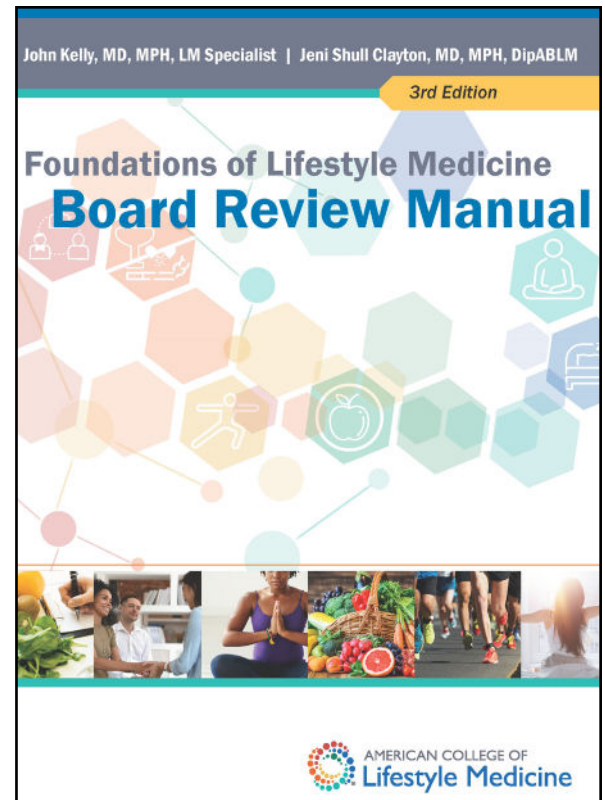
Target Audience

- 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

Units

Review Lectures correspond with each of the manual sections and include the following:

- **Introduction to Lifestyle Medicine** | **Speaker:** John Kelly, MD, MPH, LM Specialist
- **Fundamentals of Health Behavior Changes** | **Speaker:** Jessica Matthews, DBH, MS, NBC-HWC, DipACLM
- **Key Clinical Processes in Lifestyle Medicine** | **Speaker:** Jeni Shull Clayton, MD, MPH, DipABLM
- **The Role of Physician Health and the Physician's Personal Health** | **Speaker:** Gia Merlo, MD, MBA, DipABLM
- **Nutrition Science, Assessment and Prescription** | **Speaker:** Part 1: Kayli Anderson, MS, RDN, ACSM-EP, DipACLM and Part 2: Micaela Karlsen, PhD, MSPH
- **Physical Activity Science and Prescription** | **Speaker:** Jonathan Bonnet, MD, MPH, CAQSM, FAAFP, FACLM, DipABLM and Stephen Carek, MD, CAQSM, DipABLM
- **Emotional and Mental Well-Being, Assessment and Interventions** | **Speaker:** Neil Nedley, MD
- **Sleep Health Science and Interventions** | **Speaker:** Param Dedhia, MD
- **Fundamentals of Tobacco Cessation and Managing Risky Alcohol Use** | **Speaker:** Jill R. Selzle, PA-C, MPAS, RVT, DipACLM
- **The Role of Connectedness and Positive Psychology** | **Speaker:** Simon Matthews, FASLM, MHIthSci, DipIBLM, MAPS, NBC-HWC



Accreditation Statement:

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 live activity for a maximum of 30 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 30 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 live activity for 30 Continuing Education credit(s).

Rush University Medical Center designates this knowledge based CPE activity for 30 contact hours for pharmacists.

Rush University designates this internet enduring material for 30 CE credits in psychology.

The Commission on Dietetic Registration accepts self-study programs approved through ACCME.

The ABLM and IBLM has reviewed and approved the Foundations of Lifestyle Medicine Board Review Course as a qualifying prerequisite to sit for the ABLM exam.

The AAFP has reviewed the Foundations of Lifestyle Medicine Board Review Course and deemed it acceptable for up to 30.00 Enduring Materials, Self-Study AAFP Prescribed credit. Term of Approval is from 04/01/2022 to 04/01/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 30 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 National Board for Health and Wellness Coaching (NBHWC) has approved 30 continuing education credits for this learning activity: CE-000071-1.



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