

# FOUNDATIONS OF LIFESTYLE MEDICINE BOARD REVIEW MANUAL

4th Edition



## CONTINUING EDUCATION COURSE FLYER

The Foundations of Lifestyle Medicine Board Review Course, 4th edition, is an evidence-based course designed to provide a review of and successfully prepare candidates for the American Board of Lifestyle Medicine (ABLM) Certification Exam (ABLM.org/how). This course development was led by coauthors and faculty Jeni Shull Clayton, MD, MPH, DipABLM, FACLM, and Jonathan Bonnet, MD, MPH, DipABOM, DipACLM, FAAFP, FACLM, with additional support from subject matter experts in the field of lifestyle medicine.

The Foundations Lifestyle Medicine Board Review Course is comprised of 10 sections, with 12 lectures, and consists of 30 hours of content.

Each section is broken down with the following course materials:

- Introduction
- Lecture
- Quiz
- Survey Evaluation

### Format

The Foundations of Lifestyle Medicine Board Review, 4th edition, is hosted online via the ACLM Learning Management System and consists of 3 main components:

**COMPONENT 1 - Board Review Course Manual (20 hours):** The Board Review Course Manual is available in printed form and online within the course. The 354 page manual consists of 10 sections with detailed graphics, tables and figures, and an index.

**COMPONENT 2 - Section Review Lectures (10 hours):** There are 10 hours of review lectures that correspond with the board review manual.

**COMPONENT 3 - Section Quizzes:** There are 10 section quizzes that consist of 180 total questions, that correspond with each of the 10 manual sections and review lectures.

**Section Survey Evaluation:** Each of the 10 section review lectures include a survey evaluation.

**Key Lifestyle Medicine Article Summaries:** A downloadable PDF that summarizes 10 “key” lifestyle medicine articles is included in this course as an additional bonus resource.

### Pricing

ACLM Members: \$674.25 | Non-Members: \$899.00

### 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.

### Target Audience

- Physicians
- Registered nurses, nurse practitioners
- Physician assistants/associates
- 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** | Amanda McKinney, MD, DipABLM, FACLM
- **Fundamentals of Health Behavior Change** | Jasmol Sardana, DO, DipABLM, FACLM & Erika Jackson, MLHR, MCC, CPHWC, NBC-HWC
- **Key Clinical Processes in Lifestyle Medicine** | Beth Motley, MD, DipABLM, FACLM
- **The Role of the Practitioner's Personal Health and Community Advocacy** | Gia Merlo, MD, MBA, MEd, DipABLM, FACLM & Kelly Freeman, MSN, RN, AGPCNP-BC, DipACLM
- **Nutrition Science, Assessment, and Prescription** | Part 1: Micaela Karlsen, PhD, MSPH & Part 2: Melissa Bernstein, PhD, RDN, LD, FAND, DipACLM
- **Physical Activity Science and Prescription** | Stephen Carek, MD, CAQSM, DipABLM
- **Emotional and Mental Health Assessment and Interventions** | Robyn Tiger, MD, DipABLM & Jeni Shull Clayton, MD, MPH, DipABLM, FACLM
- **Sleep Health Science and Interventions** | Brandy Roane, PhD, DBSM & Param Dedhia, MD
- **Treating Tobacco Use Disorder and Managing Other Toxic Exposures** | Jill R. Selzle, PA-C, NCTTP, DipACLM, c-TTS & Claudia Moore, MD
- **The Role of Connectedness and Positive Psychology** | Simon Matthews, FASLM, MHlthSc, DipIBLM, MAPS, NBC-HWC, ICF-PCC & Darren Morton, PhD, DipIBLM

## Accreditation Statement:

In support of improving patient care, Rush University Medical Center 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.

**For Medicine:** Rush University Medical Center designates enduring material for a maximum of 30.00 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only credit commensurate with the extent of their participation in the activity.

**For Nursing:** Rush University Medical Center designates this enduring material for a maximum of 30.00 nursing contact hour(s).

**For Pharmacy:** Rush University Medical Center designates this knowledge-based enduring material for a maximum of 30.00 contact hour(s) for pharmacists.

**For Psychologists:** Rush University Medical Center designates this enduring material for 30.00 CE credits in psychology.

**For Dietitians:** This enduring material has been approved by the Commission on Dietetic Registration for 30.00 CPEUs.

**For Social Work:** As a Jointly Accredited Organization, Rush University Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved continuing education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 30.00 general continuing education credits.

**For Physical Therapy or Occupational Therapy:** Rush University is an approved provider for physical therapy/occupational therapy by the Illinois Department of Professional Regulation. Rush University designates this enduring material for a maximum of 30.00 continuing education credits for physical therapists/occupational therapists.

**For ABIM MOC:** Successful completion of this activity, which includes participation in the evaluation component, enables the participant to earn up to 30.00 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.

**For ABLM MOC:** The American Board of Lifestyle Medicine has approved 30.00 maintenance of certification credits (MOC) for this learning activity. The ABLM and IBLM has reviewed and approved the Foundations of Lifestyle Medicine Board Review Course, 4th Edition, as a qualifying prerequisite to sit for the ABLM exam.

**For AAFP Prescribed Credits:** The AAFP has reviewed Foundations of Lifestyle Medicine Board Review Course, 4th Edition and deemed it acceptable for up to 30.00 Enduring Materials, Self-Study AAFP Prescribed credits. Term of Approval is from 06/01/2023 to 06/01/2024. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**For NBC-HWCs:** The National Board for Health and Wellness Coaching (NBHWC) has approved 30 continuing education credits for NBC-HWCs upon successful completion of the Foundations of Lifestyle Medicine Board Review course: CEA-000221-1

By participating in this activity, you allow your learner data to be shared with the ACCME and the appropriate certifying board.

