



# Lifestyle Medicine Question Bank

## Target Audience

- Physicians, physician associates, nurse practitioners, registered nurses, pharmacists, registered dietitians, physical therapists, occupational therapists, psychologists, social workers, certified health coaches,
- Those interested in lifestyle medicine certification,
- Those seeking to maintain their certification in lifestyle medicine.

## Accreditation

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.

Joint Providership Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Rush University Medical Center and American College of Lifestyle Medicine. Rush University Medical Center is accredited by the ACCME to provide continuing medical education for physicians.

Designation Statement

**For Medicine:** Rush University Medical Center designates this enduring material for a maximum of 8.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only 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 learner to earn credit toward the CME of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

**For Nursing:** Rush University Medical Center designates this enduring material for a maximum of 8.0 nursing contact hour(s).

**For Pharmacy:** Rush University Medical Center designates this knowledge-based enduring material for a maximum of 8.0 contact hour(s) for pharmacists.

**For Psychologists:** Rush University Medical Center designates this enduring material for 8.0 CE credits in psychology.

**For Dietitians:** This enduring material has been approved by the Commission on Dietetic Registration for 8.0 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 8.0 general continuing education credits.

**For Physical Therapy or Occupational Therapy:** Rush University Medical Center is an approved provider for physical therapy (216.000378) and occupational therapy (224.000220) by the Illinois Department of Professional Regulation.

Rush University Medical Center designates this enduring material for 8.0 continuing education credits.

**For ABIM MOC:** Successful completion of this activity, which includes participation in the evaluation component, enables the participant to earn up to 8.0 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 AAFP Prescribed Credits:** The AAFP has reviewed Lifestyle Medicine Question Bank and deemed it acceptable for up to 8 Enduring Materials, Self-Study AAFP Prescribed credits. Term of Approval is from 09/20/2023 to 09/20/2024. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**For ABLM MOC:** The American Board of Lifestyle Medicine has approved 8.0 maintenance of certification credits (MOC) for this learning activity.

## Description

A compilation of 200 practice questions designed to help prepare you for the lifestyle medicine certification exam. This 8 hour CME/CE/MOC course includes:

- 200 multiple choice practice questions organized into 10 topics and quizzes that align with each the 10 ABLM exam competencies
- Explanations and supporting references are provided for each question

## Session Topics

1. Introduction to Lifestyle Medicine - 8 Questions
2. Fundamentals of Healthy Behavior Change - 20 Questions
3. Key Clinical Processes in Lifestyle Medicine - 16 Questions
4. The Role of Physician Health and the Physician's Personal Health - 8 Questions
5. Nutrition Science, Assessment and Prescription - 52 Questions
6. Physical Activity Science and Prescription - 28 Questions
7. Emotional and Mental Well-Being, Assessment and Interventions - 20 Questions
8. Sleep Health Science and Interventions - 16 Questions
9. Managing Tobacco Cessation and other Toxic Exposures - 16 Questions
10. The Role of Connectedness and Positive Psychology - 16 Questions

## Pricing

Non-Member	Member
\$199	<del>\$199</del> \$99

