

# Foundations of Lifestyle Medicine Board Review, 4th edition (NO CME)

## Description

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. 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:

- Review Lecture
- Quiz

## 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 184 total questions, that correspond with each of the 10 manual sections and review lectures.

**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.

## 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 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

## Pricing

Non-Member	Member
\$499.00	\$374.25



## Sections

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:

Please note that this course does NOT provide CME and therefore it is NOT approved to fulfill the ABLM 30 online CME prerequisite to sit for the ABLM exam. If you would like to earn CME/CE for this course and/or use the Foundations of Lifestyle Medicine Board Review Course as a prerequisite to sit for the ABLM exam, please purchase the Foundations of Lifestyle Medicine Board Review Course (30 CME/CE).