

Module 6 Guide: Substance Use Disorders: Prevention, Diagnosis, and Treatment

LMMSC Module 6 Prescribed Application Activity Guide

You are required to complete **3 hours** of prescribed application activities for **LMMSC Module 6, Substance Use Disorders: Prevention, Diagnosis, and Treatment**. If the number of application activity hours completed for this module exceeds the prescribed requirement, the additional hours accrued may be counted toward the flexible application activity requirement. Select activities that fit your individual learning needs and interests from the options outlined below. While many activities may be completed independently, recall that at least 1 hour of group collaboration for each module is strongly encouraged.

/ COLLABORATIVE /

Discussion of Virtual Module 6 Content (Credit = up to 1 hour for every 2–4 units covered)

Collaborative

M6U1, M6U2, M6U3

- Activity: For every 2–4 virtual units delivered within a module, faculty or learners may host a review session to further discuss and synthesize LMMSC content.
- Submission: Attest to completion (including date and actual time spent) and upload a summary of what was covered (~1 paragraph). Identify at least one clinically or personally relevant insight that was gained or reinforced through the activity.

Module 6 Journal Club (Credit = up to 1.5 hours per journal article)

Collaborative

M6U1, M6U2, M6U3

- Activity: Faculty or learners may lead a journal club reviewing a lifestyle medicine-related research article that directly applies to the content presented in this module. Articles may be selected from the references listed within the virtual module or elsewhere (so long as they are topically relevant). Consider using this [model for journal club presentations](#), or other similar methodologies as currently employed by your program/institution. Time spent preparing for the journal club discussion (e.g., reading the article or creating a presentation) may be counted toward overall activity credit.
- Submission: Attest to completion (including date and actual time spent) and upload a synopsis of the journal article (~1 paragraph), along with the citation. Please include





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your personal conclusions regarding the applicability of the lifestyle-based interventions addressed in the article to your practice/patient population.

/ COLLABORATIVE OR INDEPENDENT /

Substance Use Interview (Credit = up to 1 hour)

Collaborative or Independent

M6U1, M6U2, M6U3

- Activity: Interview someone who has successfully quit tobacco, alcohol, or other substances. Consider asking the following: How did they quit? What were their struggles? What did they find to be most helpful? What was least helpful? Do they still have cravings? If so, how do they manage these cravings? How were healthcare providers helpful or unhelpful during their quit journey? What advice would they give to healthcare providers in supporting patients battling addiction? What advice would they give to someone who is striving to overcome addiction?
- Submission: Attest to participation (including date and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through the activity.

Attend a 12-Step Meeting (Credit = 1 hour per meeting; up to 2 hours total)

Collaborative or Independent

M6U1, M6U2, M6U3

- Activity: Locate an Alcoholics Anonymous (AA), Nicotine Anonymous (NicA), or Narcotics Anonymous (NA) meeting near you. Contact group leader(s) and request permission to attend a meeting, explaining that you are a resident/fellow in training who is seeking a greater understanding of addiction and its effect on patients and their families. You can often visit the organization's website and filter to find "open" meetings, which usually indicates that non-members can participate. Before attending the meeting, review the AA [website](#) and watch the "AA Video for Healthcare Professionals" (06:00).
- Submission: Attest to participation (including date and actual time spent) and submit a brief reflection (~1 paragraph) about how your views on substance use may have changed and how this experience will shape your future interactions with patients struggling with substance use.





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Identify Institutional and Community Resources (Credit = 0.5 hour each for tobacco/alcohol/other substance use; up to 1.5 hours total)

Collaborative or Independent

M6U1, M6U2, M6U3

- Activity: Research institutional and community resources (such as support groups, individual therapy options, medically supervised detox programs, etc.) that are available to your patient population for treatment of tobacco, alcohol, and other substance use disorders. Create a list, handout, or electronic medical records (EMR) tool that can be used to refer patients to these resources.
- Submission: Attest to participation (including date and actual time spent) and upload a copy of your list/handout/EMR tool.

A Long Day's Journey into Night (Credit = up to 1 hour)

Collaborative or Independent

M6U1

- Activity: Watch the Addiction Performance Project's Act III excerpt from [Long Day's Journey into Night](#) (15:04) and the [expert panelists reactions](#) (05:45). Review and/or discuss the four [questions for reflection](#).
- Submission: If completing the activity independently, attest to completion (including date and actual time spent) and upload brief responses to the four reflection questions identified above (~1 paragraph). If completing the activity collaboratively, attest to participation (including date and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through the activity.

/INDEPENDENT/

Lifestyle Medicine Primer: Substance Use (Credit = up to 0.5 hours)

Independent

M6U1, M6U2, M6U3





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- Activity: Review the following article from [A Family Physician's Introduction to Lifestyle Medicine](#), a supplement to *The Journal of Family Practice* (which can be found on the LMMSC "Resources" landing page under the "Curriculum Description & Resources" heading):
 - "Avoidance of Risky Substances: Steps to Help Patients Reduce Anxiety, Overeating, and Smoking"
- Submission: Attest to completion (including date and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through your reading.

Motivational Interviewing for Health Risk Behaviors (Credit = up to 1.5 hours)

Independent

M6U1, M6U2, M6U3

- Activity: Complete the National Institute of Drug Abuse (NIDA) [Talking to Patients About Health Risk Behaviors](#) online learning module, which is a case-based introduction to motivational interviewing in the context of substance use.
- Submission: Attest to participation (including date and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through the activity.



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Reflection on Substance Use (Credit = 0.5 hours)

Independent

M6U1, M6U2, M6U3

- Activity: Reflect on how substance use has affected you, either directly or indirectly (through the experiences of family members or friends):
 - Journal your thoughts by hand (this uses a different part of your brain than typing)
 - Write a letter to the substance that has most impacted your life (i.e., "Dear Tobacco, I hate what you have done to...").
- Submission: Scan or take a picture of your reflection and upload the file.

Mindfulness in Addiction Treatment (Credit = up to 2 hours)

Independent

M6U2

- Activity: Watch Dr. Judson Brewer's TED talk "[A Simple Way to Break a Bad Habit](#)" (09:15) and review the following articles:
 - "[Craving to Quit: Psychological Models and Neurobiological Mechanisms of Mindfulness Training as Treatment for Addiction](#)"
 - "[Mindfulness training for smoking cessation: results from a randomized controlled trial](#)"
- Submission: Attest to participation (including date and actual time spent) and upload a reflection (~1 paragraph) in response to the presentation and corresponding research articles, with particular attention to how mindfulness counseling may be utilized or may be beneficial in the treatment of tobacco use or other substance use disorders.

