

LMMSC Module 7 Prescribed Application Activity Guide

You are required to complete **4 hours** of prescribed application activities for **LMMSC Module 7, Fundamentals of Health Behavior Change**. 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 7 Content (Credit = up to 1 hour for every 2–4 units covered)

Collaborative

M7U1, M7U2, M7U3, M7U4

- 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 7 Journal Club (Credit = up to 1.5 hours per journal article)

Collaborative

M7U1, M7U2, M7U3, M7U4

- 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.



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

Weighing the Pros and Cons of Health Behavior Change (Credit = up to 1 hour)

Collaborative

M7U1, M7U2, M7U3, M7U4

- Activity: Invite a family member, friend, or colleague to discuss a health behavior they would like to address. Complete the [Decision Balance Worksheet](#) to elicit the pros and cons about changing the given health behavior.
- 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.

Coaching Simulation (Credit = up to 1.5 hours)

Collaborative

M7U1, M7U2, M7U3, M7U4

- Activity: Working in a group of three, each participant will rotate being the **coach**, the **patient**, and the **observer** for a 15-minute mock encounter to practice motivational interviewing (MI) techniques. Each encounter will be followed by a 5-minute feedback/debriefing discussion before changing roles. This activity may be conducted in-person or via videoconference using your preferred platform (e.g., Zoom, Google Hangout, FaceTime, etc.). To allow for the most meaningful experience, when assuming the role of **patient**, focus on “real playing” as opposed to “role playing” by exploring a health behavior that is pertinent to you. When functioning as the **observer**, provide specific, honest, and constructive feedback that supports your fellow learner in continued development of their MI and coaching skills. Consider addressing the following during your feedback/debriefing:
 - How did the use of open-ended questions meaningfully guide the conversation and support behavior change exploration and forward movement toward the patient’s self-directed goals?
 - In what ways were genuine, meaningful affirmations of the patient’s strengths, abilities, resourcefulness, and/or efforts to change provided?



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- How did the use of reflective statements (e.g., simple reflections, complex reflections, etc.) support the conversation?
- How did non-verbal communication impact the discussion?
- **Submission:** Attest to completion (including date and actual time spent) and submit a reflection (~1 paragraph), including what you felt went well during your encounter as **coach** and what you might do differently in the future.

/ COLLABORATIVE OR INDEPENDENT /

National Diabetes Prevention Program (Credit = up to 2 hours)

Collaborative or Independent

M7U1, M7U2, M7U3, M7U4

- **Activity:** Review the [National Diabetes Prevention Program](#) (National DPP) website, paying particular attention to the following:
 - "About the National DPP" section
 - "What is the National DPP"
 - "Research Behind the National DPP"
 - "Healthcare Professionals" section
 - "Why Refer to a CDC-Recognized Lifestyle Change Program"
 - "Details About the Program"
 - "Resources for Your Practice"
 - "Tools and Resources" section (*consider which materials could be utilized in your practice*)
 - "PreventT2 Curriculum and Handouts"
 - "AMA Diabetes Prevention Toolkit"

Using the [National Registry of Recognized Diabetes Prevention Programs](#), locate a National DPP available in your area and attend one session. Interview at least two participants and ask the following:

- What led you to enroll in this lifestyle change program? Why now?
- What benefits do you feel you have received by participating in this program?
- What tools have you gained to reduce your risk of developing type 2 diabetes?
- **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, with particular attention paid to feedback provided by National DPP participants.



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Social Media Influence on Health Behavior Change (Credit = up to 1 hour)

Collaborative or Independent

M7U1, M7U2, M7U3, M7U4

- Activity: Identify a social media campaign, such as the CDC's [#SunSafeSelfie](#), and recruit a family member, friend, or colleague to participate in the campaign. Discuss their experience and explore how participating in the campaign may (or may not) have affected health behaviors.
- Submission: Attest to completion (including date and actual time spent) and submit a reflection (~1 paragraph) about how social media platforms or campaigns may (or may not) empower individuals to enact/sustain lifestyle changes.

/ INDEPENDENT /

Lifestyle Medicine Primer: Behavior Change (Credit = up to 0.5 hours)

Independent

M7U1, M7U2, M7U3, M7U4

- 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):
 - "A Coach Approach to Facilitating Behavior Change"
- 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 in Brief Consultations Module (Credit = 1 hour)

Independent

M7U1, M7U2, M7U3, M7U4

- Activity: Deepen your understanding of MI by completing the interactive *British Medical Journal* (BMJ) online learning module [Motivational Interviewing in Brief Consultations](#), which was developed in collaboration with MI co-founder Stephen Rollnick. You will need to register for a free account (or log-in from your existing account). Complete the module in its entirety (1:00:00), reviewing the theoretical explanation of MI along with practical demonstrations of core MI skills applied in various clinical scenarios.
- Submission: Upload a PDF copy of the course certificate of completion.



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Change Talk: Childhood Obesity Interactive Role-Play Simulation (Credit = 1 hour)

Independent

M7U1, M7U2, M7U3, M7U4

- Activity: Further refine your MI skills by completing the free Kognito training [Change Talk: Childhood Obesity](#), an initiative of the American Academy of Pediatrics Institute for Healthy Childhood Weight. To get started, download the app or access the online version of the activity (note: if accessing the online version, it is recommended to use the Google Chrome internet browser). Watch the brief overview video (02:17), complete all three “episodes”/simulations, and submit the end-of-course survey.
- Submission: Upload screenshots of your scores for each simulation.

Cultivating Tiny Habits (Credit = up to 1 hour)

Independent

M7U1, M7U2, M7U3, M7U4

- Activity: Complete the free 5-day [Tiny Habits](#) program.
- Submission: Attest to completion (including date and actual time spent) and submit a reflection (~1 paragraph) about your experience implementing new habits. Consider how the Tiny Habits method might influence your work coaching patients toward health behavior change.

Behavior Change Tracking with Technology (Credit = up to 1 hour)

Independent

M7U1, M7U2, M7U3, M7U4

- Activity: Track a specific health behavior related to physical activity, nutrition/hydration, sleep, or stress management/meditation using a website, smartphone application, or wearable device (preferably a modality that you have not used previously) for 1 week.
- Submission: Attest to completion (including date and actual time spent) and submit a reflection (~1 paragraph) about your experience, particularly noting strengths or shortcomings you identified with the technology used and how using the website/app/wearable could benefit patients as they implement and sustain health behavior changes.



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Referral Network of Health Coaches (Credit = up to 1.5 hours)

Independent

M7U1, M7U2, M7U3, M7U4

- Activity: Visit the [National Board of Health & Wellness Coaching](#) (NBHWC) website and identify at least three certified health and wellness coaches in your local area using the “Find a Coach” search function. Contact at least one health coach to interview. Provide a professional introduction and explanation of how you envision potentially working together to optimally support patients. Discuss the following:
 - What is your personal philosophy when it comes to health behavior change?
 - Do you hold a 4-year degree or higher in a health or wellness-related field?
 - What has been your experience working with various clients, including those with chronic health conditions?
 - Where/how do you work with clients (in-person, telehealth, group visit, etc.)? How frequent are the sessions and how are they structured?
 - Do you have liability insurance?
 - What is the cost per session?
 - If you were to receive referrals, how would you go about providing feedback on the initial evaluation, goals, and progress of each patient?
- Submission: Attest to participation (including date and actual time spent), provide a list of the local health coaches you identified/contacted, and comment on how you foresee working with these individuals in the future (if at all).

Health Coach Experience (Credit = up to 1 hour per session; may complete twice for up to 2 hours total)

Independent

M7U1, M7U2, M7U3, M7U4

- Activity: Find a board-certified health and wellness coach (see [NBHWC](#) repository for reference) or other licensed mental health provider such as a psychologist, social worker, or marriage and family therapist with coaching experience and complete the following:
 - Determine the health coach’s educational background (school attended, degree obtained), specialty certification/fellowships completed, years of experience, etc.
 - Complete a 30- to 60-minute coaching session focusing on a health behavior change you personally would like to make. The coaching session may be done in-person or via telephone/video conference.



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- 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.

