

LMMSC Module 8 Prescribed Application Activity Guide

You are required to complete **3 hours** of prescribed application activities for **LMMSC Module 8, Key Clinical Processes in Lifestyle Medicine**. 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 8 Content (Credit = up to 1 hour for every 2–4 units covered)

Collaborative

M8U1, M8U2, M8U3

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

Collaborative

M8U1, M8U2, M8U3

- 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.

Lifestyle Medicine Practice Assessment (Credit = up to 1.5 hours)

Collaborative

M8U3

- Activity: Review the American Association of Family Physician's (AAFP) [Incorporating Lifestyle Medicine into Everyday Family Practice: Implementation Guide and Resources](#). Working with a partner or small group, discuss answers to questions posed in the "Practice Assessment for Opportunities to Incorporate Lifestyle Medicine" document (found under the "Tools You Can Use" heading). Brainstorm potential modifications that could be made in your current work environment and clinical practice to more optimally incorporate principles of lifestyle medicine.
- Submission: Attest to completion (including date and actual time spent) and submit a reflection (~1 paragraph) on the activity; consider including a proposed modification to your work environment or clinical practice.

Team-Based Care and Lifestyle Medicine (Credit = up to 1 hour)

Collaborative

M8U1, M8U2, M8U3

- Activity: Meet with another healthcare provider (physician, pharmacist, or other health professional) to discuss each of your views and perceptions about the role of lifestyle medicine in prevention, treatment, and potential cure for chronic medical conditions. Consider the following:
 - Explore what this health professional understands and believes about lifestyle medicine as it relates to chronic disease prevention and treatment.
 - What factors influence this individual's beliefs and understanding about the role of lifestyle medicine?
 - How do these beliefs about lifestyle medicine impact this individual's practice?
 - How might this individual be open to collaborating with a lifestyle medicine-focused provider like yourself?
- Submission: Attest to completion (including date and actual time spent) and submit a reflection (~1 paragraph) that includes how to leverage support within the healthcare community for lifestyle medicine approaches to chronic disease management.



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/ COLLABORATIVE OR INDEPENDENT /

Leveraging the Electronic Medical Record for Lifestyle Medicine (Credit = up to 1 hour)

Collaborative or Independent

M8U1, M8U2, M8U3

- Activity: Identify ways that your electronic medical record (EMR) system can be used to track patient parameters for lifestyle-related conditions and health behaviors:
 - If you do not already have a condition management program in place, how might you begin to implement one using your EMR?
 - If you have an existing condition management program, how might it be further optimized?
- Submission: Attest to completion (including date and actual time spent) and submit a reflection (~1 paragraph) that includes a list of options to implement or improve the tracking of lifestyle-related conditions and health behaviors at your clinic.

Lifestyle Medicine Chart Review (Credit = up to 1 hour)

Collaborative or Independent

M8U1

- Activity: Select one of your patients (preferably someone with at least one chronic lifestyle-related condition, such as type 2 diabetes or hypertension) and review their chart through the lens of a lifestyle medicine practitioner:
 - Prior to opening the chart, identify elements of clinical history, screening questionnaires, and diagnostic testing (labs or imaging) that may help you work with the patient to address the “root cause” of the disease.
 - Review your patient’s chart for answers to the information you set out to identify. Take note of elements that you are not able to identify with chart review.
 - Evaluate your patient’s lab results. If available, compare their most recent cholesterol panel (total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides) and diabetes tests (fasting glucose, HbA1c) to national guidelines and lifestyle medicine standards for diagnosis and management.
 - Consider how in future visits with your patient (and perhaps similar patients) you can more effectively screen, diagnose, and monitor lifestyle-related conditions.



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- Submission: Attest to completion (including date and actual time spent) and submit a reflection (~1 paragraph) that includes how you would like to approach future clinical encounters with your patient.

Lifestyle Medicine Health Risk Assessment Questionnaire (Credit = up to 1 hour)

Collaborative or Independent

M8U1

- Activity: Review and complete both the [Short Form](#) and the [Long Form](#) Lifestyle Medicine Assessments, which were created in collaboration between Loma Linda University (LLU) Health and ACLM. These forms can be found on the LMMSC “Resources” landing page under the “Curriculum Description & Resources” heading. Alternatively, if you are an active ACLM member, these forms can be accessed through the ACLM Connect portal (requires login) using the links above. Upon completion of the assessments, consider the following:
 - How much time did each assessment take to complete?
 - With your specific patient population in mind, were there any parts of the questionnaires that may be difficult to answer or understand?
 - How might these forms help identify high-risk (poor-health) behaviors?
 - How might you incorporate either of these forms in a clinical setting?
 - Compare the ACLM/LLU Short Form to the AAFP [Lifestyle Assessment Form](#) (consider completing this form using the “Tool” for your operating system). Do you find either of these lifestyle assessments to be more helpful?
- Submission: Attest to completion (including date and actual time spent) and submit a reflection (~1 paragraph) responding to the prompts above.

Review of ACLM Patient-Facing Resources and Handouts (Credit = up to 1 hour)

Collaborative or Independent

M8U1, M8U3

- Activity: Review the following ACLM resources, which can be found on the LMMSC “Resources” landing page under the “Curriculum Description & Resources” heading. Alternatively, if you are an active ACLM member, these forms (along with many other resources) are also available through the [ACLM Connect](#) portal (requires login):



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- Lifestyle Medicine Pillars (one handout for each of the following: physical activity, nutrition, avoidance of risky substances, sleep, social connection, and stress management)
- ACLM Dietary Spectrum
- Adult & Adolescent Whole-Food, Plant-Based Plates
- Nutrition Myths
- Green Smoothie Guide
- How to Make a Nourish Bowl
- Submission: Attest to completion (including date and actual time spent) and identify at least one ACLM resource you plan to incorporate into clinical practice. Describe why you selected this resource and how you envision utilizing it (~1 paragraph).

Local Lifestyle Medicine Referral Network (Credit = up to 1 hour)

Collaborative or Independent

M8U1, M8U2, M8U3

- Activity: Identify local lifestyle medicine-oriented programs or health professionals where you can refer patients to further support lifestyle modification. Consider including residential or community lifestyle medicine treatment programs, registered dietitians, health educators, fitness experts, wellness coaches, psychologists, etc. Create a list, handout, or EMR tool that outlines referral options that are accessible to your patient population.
- Submission: Attest to completion (including date and actual time spent) and submit a copy of your list/handout/EMR tool.

Local Healthy Living Resources (Credit = up to 1 hour)

Collaborative or Independent

M8U1, M8U2, M8U3

- Activity: Identify resources available in your community that promote healthy living. Consider including restaurants with plant-based menus, parks or recreation centers, volunteer or religious organizations, support groups, etc. Create a list, handout, or EMR tool to share these resources with patients and colleagues.
- Submission: Attest to completion (including date and actual time spent) and submit a copy of your list/handout/EMR tool.



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National Healthy Living Resources (Credit = up to 1 hour)

Collaborative or Independent

M8U1, M8U2, M8U3

- Activity: Identify resources (websites, apps) for national programs that support healthy lifestyles or lifestyle change. Consider exploring Healthy People 2030, Diabetes Prevention Program (DPP), United States Preventive Services Task Force (USPSTF) Community Guide, U.S. Department of Health and Human Services, etc. Create a list, handout, or EMR tool to share these resources with patients and colleagues.
- Submission: Attest to completion (including date and actual time spent) and submit a copy of your list/handout/EMR tool.

/ INDEPENDENT /

Lifestyle Medicine Primer: Key Clinical Processes (Credit = 0.5 hours per article, up to 1.5 hours total)

Independent

M8U1, M8U2, M8U3

- Activity: Review the following articles 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):
 - "Lifestyle Medicine: Shared Medical Appointments"
 - "Reimbursement as a Catalyst for Advancing Lifestyle Medicine Practices"
 - "A Framework for Culture Change in a Metropolitan Medical Community"
- Submission: Attest to completion (including date and actual time spent) and report at least one clinically or personally relevant insight per article.

