Lifestyle Medicine Education Collaborative Webinar Series

Lifestyle Medicine for Residents
25 April 2017
Eddie Phillips,
Regan Stiegmann
Brenda Rea
Why Lifestyle Medicine education?

Health professionals are uniquely positioned to stem the tide of chronic diseases.

There is an urgent need to create and implement comprehensive LM education for all health professionals, at all levels of training, worldwide.

Lifestyle Medicine education – the need

“Nutrition and physical activity training should be incorporated into all phases of medical education—medical schools, residency programs, credentialing processes and continuing education requirements.”

Bipartisan Policy Center: Lot's to Lose: How America's Health and Obesity Crisis Threatens Our Economic Future, June 2012
What is LMEd?

The Lifestyle Medicine Education Collaborative (LMEd) offers leadership, guidance and resources to advance the adoption and implementation of lifestyle medicine curricula throughout medical education.
What is LMEd?

Our Vision
Lifestyle Medicine will become an integral component of medical school curricula.
What is LMEd?

Current focus
Expanding lifestyle medicine education in U.S. medical schools with an initial concentration on:

- Exercise/physical activity
- Nutrition
- Behavior change
- Self-care (including stress resiliency)

- Didactics at Griffin Hospital 3-6x/year
- HMS Online CME modules in Lifestyle Med
- Lifestyle Med Live CME programs in Boston
- Two-week “immersive” Lifestyle Med clinical rotation
RESEARCH ARTICLE

Lifestyle medicine curriculum for a preventive medicine residency program: implementation and outcomes

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Background: The vast majority of the healthcare problems burdening our society today are caused by disease-promoting lifestyles (e.g., physical inactivity and unhealthy eating). Physicians report poor training and lack of confidence in counseling patients on lifestyle changes.

Objective: To evaluate a new curriculum and rotation in lifestyle medicine for preventive medicine residents.

Methods: Training included didactics (six sessions/year), distance learning, educational conferences, and newly developed lifestyle medicine rotations at the Institute of Lifestyle Medicine, the Yale-Griffin Prevention Research Center, and the Integrative Medicine Center. We used a number of tools to assess residents’ progress including Objective Structured Clinical Examinations (OSCEs), self-assessments, and logs of personal health habits.

Results: A total of 20 residents participated in the lifestyle medicine training between 2010 and 2013. There was a 15% increase in residents’ discussions of lifestyle issues with their patients based on their baseline and follow-up surveys. The performance of preventive medicine residents on OSCEs increased each year they were in the program (average OSCE score: PGY1 73%, PGY2 83%, PGY3 87%, and PGY4 91%, p = 0.01). Our internal medicine and preliminary residents served as a control, since they did participate in didactics but not in lifestyle medicine rotations. Internal medicine and preliminary residents who completed the same OSCEs had a slightly lower average score (76%) compared with plural for resident, preventive medicine residents (80%). However, this difference did not reach statistical significance (p = 0.11).

Conclusion: Incorporating the lifestyle medicine curriculum is feasible for preventive medicine training allowing residents to improve their health behavior change discussions with patients as well as their own personal health habits.

Keywords: lifestyle medicine; preventive medicine; medical education

Responsible Editor: A. Laurel Gorman, University of Central Florida, USA.

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Rotation Schedule March 2016: Day One

• 8:30 AM – 9:30 AM  Orientation & Welcome
• 9:30 AM – 10:45 AM  Institute of Coaching Webinar with Eddie Phillips, MD
• 11:00 AM – 12:00 PM  Yoga with Spinal Cord Patients with Teresa Czepiel, OT
• 2:00 PM – 3:30 PM  Personal Exercise Assessment at BSC with Greg Cloutier
• 5:30  Phone Coaching Session with Jamie Johnson
Rotation Schedule March 2016: Day Two

• 9:00 AM – 10:30 AM Exercise Prescription with Chris Conroy, PT at JP
• 10:45 PM – 12:30 PM Introduction to Culinary Medicine + Chef Coaching with Rani Polak, MD
• 2:00 PM – 3:00 PM Introduction to Whole Health with Bitsy Recupero, DO
• 3:30 PM – 4:00 PM De-Brief with Eddie Phillips
Rotation Schedule March 2016: Day Three

• 8:00 AM – 1:00 PM Bariatric Clinic Experience with Sarah Leone, Health Behavior Coordinator

• 2:00 PM – 3:30 PM Overview of Physician Health Coaching with Beth Frates, MD

• 4:30 PM – 5:00 PM Check in with Eddie Phillips
Rotation Schedule March 2016: Day Four

• 8:00 AM – 12:30 PM Quincy Community-Based Outpatient Clinic VA with Bitsy Recupero, DO
• 2:00 PM – 8:00 PM Travel to Brown Medical School with Dr. Phillips for talk.
Rotation Schedule March 2016: Day Five

• 8:00 AM – 12:00 PM Health Coaching Observation with Jamie Johnson
• 1:00 PM – 3:00 PM Hands-on Introduction to Exercise Physiology with Greg Cloutier at Northeastern University
Rotation Schedule March 2016: Day Six

• 10:00 AM – 11:30 PM Maneesha Gulati, SW, Introduction to Circle of Health
• 1:00 PM – 4:00 PM Preparation for Presentation
• 4:30 PM Phone Coaching Session with Jamie Johnson
Rotation Schedule March 2016: Day Seven

• 7:30 AM – 8:15 AM Flywheel Spinning Class
• 10:15 AM – 12:15 AM Culinary Medicine for you (self care + tools for your patients) + Chef Coaching meeting 2 with Rani Polak, MD
• 1:00 PM – 4:00 PM Burnout Prevention Workshop with Diana Dill PhD
Rotation Schedule March 2016: Day Eight

• 8:00 AM – 1:30 PM Lifestyle Medicine Consultations with Damian Folch, MD in Chelmsford
• 3:00 PM – 4:15 PM Final Presentations at West Roxbury with teaching team
Rotation Experience
Integrating Lifestyle Medicine into the Preventive Medicine Residency @ USUHS/Walter Reed

Regan A. Stiegemann, DO, MPH
Preventive Medicine Resident PGY-3
USUHS/WRNMMC – Bethesda, MD
Captain, USAF, MC
My Story…

• PGY-3 Preventive Medicine Resident
  – Active Duty Air Force

• President, American College of Preventive Medicine-Resident Physician Section (2015-2017)

• Young Director Member, American College of Lifestyle Medicine, Executive Board of Directors

• Co-founder/Executive Liaison, American College of Lifestyle Medicine-Professionals in Training Board
American College of Lifestyle Medicine-Professionals In Training

- ACLM: https://www.lifestylemedicine.org/Student-Trainee
- Facebook: American College of Lifestyle Medicine Professionals in Training
- Email us! trainees@lifestylemedicine.org
- Join us!
Lifestyle Medicine & Direct Patient Care (DPC)
WRNMMC Pain Clinic + Lifestyle Medicine (LM)

- Overhauled existing rotation
- Revamped resident role with patients
  - LM-focused contribution & counselling
- Synergistic approach to pain management
  - Augment patient experience:
    - Nutrition/physical activity/energy evaluations + journaling
    - Mindfulness practices
- Dr. Mylène T. Huynh, Col (ret) - USAF
Introducing LMCC as an Elective Rotation

- Residents want LM education
  - 6 of 6 opted in

- Proposed Lifestyle Medicine Core Competencies (LMCC) program as elective rotation
  - Allotted 1 week to complete

- Residency program fully funded LMCC for each resident

Link:
http://www.acpm.org/page/lmprogram
Resident Curriculum Working Group (RCWG)

- Developing LM-focused resources for residents
  - Nutrition
  - Physical Activity
  - Emotional Wellness
  - Sleep Health Coaching
  - Tobacco Cessation and Alcohol Risk Reduction
  - Weight Management

- Skill-building opportunities for LM competencies
GET INVOLVED!

• Join the RCWG!
  – We’re looking for residents at all levels of interest
    • Creating presentations
    • Contributing ideas
    • Helping lead the group
    • Leading the LM resident curriculum movement
  – Email: dr.stieg@gmail.com

• Join the ACLM-PiT!
  – ACLM: https://www.lifestylemedicine.org/Student-Trainee
  – Facebook: American College of Lifestyle Medicine Professionals in Training
  – Email us! trainees@lifestylemedicine.org
Donald A. Pegg Student Leadership Award

- For student leaders in allied health fields dedicated to the advancement of Lifestyle Medicine
- 4 awardees selected
- $1500 prize
- Deadline to apply: July 31, 2017
- Learn more: [http://www.lifestylemedicine.org/AwardFAQs](http://www.lifestylemedicine.org/AwardFAQs)
Regan A. Stiegmann, DO, MPH
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Applying & Practicing Lifestyle Medicine in Residency @ Loma Linda University Health

Brenda Rea, MD, DrPH, PT, RD
Family and Preventive Medicine Board Certified
Associate PD, Family & Preventive Medicine Residency
Medical Director, Living Whole Employee Wellness Program
My LONG….. Story

• Physical Therapy
• Public Health and Nutrition
  • ACLM founding member
  • Teaching
• Medical School & Residency
• REAL LIFE
  • Medical students
  • Residents
  • Employees
  • Patients
Making Lifestyle Medicine Personal

• Livin’ It Program

• Monthly challenges

• Fitbits

• Food

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<td>Chips &amp; Salsa – fire roasted tomato and green chile w/lime and cilantro</td>
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<td>Baja Caesar Salad – Romaine lettuce with crispy tortilla strips, lime/red chile vinaigrette</td>
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<td>Stuffed Poblano – fire roasted poblano chile filled with rice and grilled corn with red mole sauce</td>
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<td>Rolled Fajita – tortillas filled with roasted peppers, onions &amp; black beans served with green chile salsa</td>
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<td>Chile lime coleslaw- cabbage, kale, carrots, cilantro w/chile and lime</td>
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<td>Pinto Beans</td>
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Lifestyle Medicine Education in Residency

• LM Residency Curricular Development
  – LMEd
  – ALCM PiT
  – LLUH

• Motivational Interviewing OSCEs

• Journal/book club
Practicing Lifestyle Medicine in Residency

• Lifestyle outpatient clinics
  – FQHC
  – VA clinic (in-person & tele-med)
  – Faculty clinic

• Lifestyle & Preventive Medicine Inpatient Consults
Loma Linda Residency Resources

• LLUH Preventive Medicine Residency
  – http://lluprevmed.com

• LLUH Family & Preventive Medicine Residency
  – http://llufamily.com/fmpm/

• Contact me:
  – Brenda Rea brea@llu.edu
Our Next Webinar: “Walk with a Future Doc”
Learn about David as a young physician, and the history of a grassroots movement that equips physicians to dispense the miracle drug of walking, and the adaptation to incorporate medical students, the practitioners of tomorrow, to invest in healing their communities today.

**Date:** Tuesday, June 6 at 2pm EDT

**LMEd Host:** Dennis Muscato, MS

**Guest Presenters:** David Sabgir, MD and Joan Dorn, MD

Register Today!
To register, go to: [http://lifestylemedicineeducation.org/webinar/](http://lifestylemedicineeducation.org/webinar/)