

LM2020

ON DEMAND

Health Restored

Virtual Conference



Description

Lifestyle Medicine 2020's agenda was designed to educate, equip and empower physicians, and other health professionals to implement a Lifestyle Medicine-first approach in their practice. The annual conference is the premier medical education opportunity for clinicians focused on health restoration. Drawing 1500+ medical professionals from across the U.S. and internationally, the event features keynotes by subject matter experts, panel discussions, and the foremost research. Topics include evidence-based practice models, disease and domain specific applications, health disparities, and the practical application of behavior change. Anyone looking to establish a foundation in Lifestyle Medicine will find the LM2020 Virtual Conference On demand series enlightening. Watch as we spotlight the brightest minds in the fastest-growing field of medicine and foster rewarding, patient-centered practice change.

Target Audience

Physicians, physician assistants, nurse practitioners, registered nurses, pharmacists, registered dietitians, physical therapists, occupational therapists, psychologists, social workers, and more!

Learning Objectives

1. Demonstrate how specific evidence-based lifestyle changes can positively affect patients and improve health outcomes.
2. Describe the role of Lifestyle Medicine in resiliency and in addressing stress, burnout, and health inequality.
3. Review the practice models and tools that can help Lifestyle Medicine physicians, professionals and practitioners to assess, evaluate, prescribe, and counsel patients and families on lifestyle factors for the prevention, treatment, and oftentimes reversal of chronic disease.

Format

LM2020 OnDemand is hosted online via the ACLM Learning Management System and consists of 16 sessions all of which include a title, description, learning objectives, speaker information, video recording, presentation slides in PDF format, an assessment and survey evaluation.

Accreditation Statements

In support of patient care, Rush University Medical Center is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for the healthcare team. Rush University Medical Center designates this enduring material for a maximum of 17.5 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only credit commensurate with the extent of their participation in the activity.

ANCC Credit Designation – Nurses The maximum number of hours awarded for this CE activity is 17.5 contact hours. This activity is being presented without bias and without commercial support.

Rush University Medical Center designates this knowledge based CPE activity for 6.5 contact hours for pharmacists.

Rush University is an approved provider for physical therapy (216.000272), occupational therapy, respiratory therapy, social work (159.001203), nutrition, speech-audiology, and psychology by the Illinois Department of Professional Regulation. Rush University designates this live activity for 17.5 Continuing Education credit(s).

The Commission on Dietetic Registration accepts self-study programs approved through the ACCME.

ABLM MOC: The American Board of Lifestyle Medicine has approved 17.5 maintenance of certification credits for this learning activity.

The National Board for Health and Wellness Coaching (NBHWC) has approved 17.5 continuing education credits for this learning activity: CE-000072-2.



Session Outline

Pricing

There are 16 sessions and 17.5 hours of content:

MEMBER NON-MEMBER

LM2020 OnDemand Full Access

\$649

\$849

1. Influencing Behaviors: Seven Simple Rules to Engage Patients in Making Healthful and Lasting Behavior Changes Speaker: Edmund Tori, DO, FACP, CHT	\$40	\$50
2. Exercise is Medicine: Immunology, Cancer and the Exercise Rx Speakers: Cate Collings, MD, FACC, MS, DipABLM Kathryn H. Schmitz, PhD, MPH Richard J. Simpson, PhD, FACSM Bob Sallis, MD, FAAFP, FACSM	\$60	\$75
3. The Why, What and How of Medical Education Transformation: Lifestyle Medicine in UME and GME, Fellowship and CME Speakers: Brenda Rea, MD, DrPH, PT, RD, FACLM, DipABLM Jennifer L. Trilk, PhD, FACSM, DipACLM	\$40	\$50
4. Lifestyle Medicine in the Hospital Workplace: Overhauling Employee and In-patient Menus for System Transformation Speakers: Cate Collings, MD, FACC, MS, DipABLM Monica Aggarwal, MD, FACC Marcy Madrid, MBA Andrew M. Freeman, MD, FACC, FACP	\$40	\$50
5. Lifestyle Medicine: A Health Disparities Solution Speakers: Dexter Shurney, MD, MBA, MPH, FACLM, DipABLM Marsha-Gail Davis, MD Theresa Stone, MD Jasmol Sardana, DO, DipABLM Kim A. Williams, MD, MACC, FAHA, MASNC, FESC Keon Gilbert, DrPH, MA, MPA	\$60	\$75
6. Lifestyle Medicine as an Antidote to Provider Burnout: Recognizing the epidemic of physician and health professional burnout Speakers: Liana Lianov, MD, MPH, FACPM, FACLM, DipABLM Kaylan A. Baban, MD, MPH, DipABLM Darshan H. Mehta, MD, MPH Jacqueline E. Huntly, MD, MPH	\$40	\$50
7. Lifestyle Medicine: The Powerful Prescription for Alzheimer's Speakers: Dean Sherzai, MD, MAS, MPH, PhD Ayesha Z. Sherzai, MD, MAS Dean Ornish, MD, FACLM	\$60	\$75
8. Averting the Looming Global Pandemic of Type 2 Diabetes: Understanding T2D from the DiRECT, Counterpoint and Counterbalance Research Studies Speaker: Roy Taylor, BSc, MB ChB, MD, FRCP, FRCPE	\$40	\$50
9. Optimizing Health in Children with Whole Food, Plant-based Nutrition Speaker: Jackie Busse, MD, FAAP	\$40	\$50
10. Transforming Trauma with Lifestyle Medicine Speaker: James S. Gordon, MD	\$40	\$50
11. Lifestyle Medicine Practice Models: Optimizing Lifestyle Medicine Clinical Practice 8 Mini Sessions and Speakers	\$80	\$100
12. Lifestyle Medicine Practice Tools: Optimizing Lifestyle Medicine Clinical Practice 6 Mini Sessions and Speakers	\$40	\$50
13. Making Prevention the Nation's Top Health Policy Priority Speaker: Anand K. Parekh, MD, MPH	\$40	\$50
14. Sleep as the Ultimate Lifestyle Medicine Prescription Speaker: Param Dedhia, MD	\$20	\$25
15. Loneliness and Social Isolation as a Risk Factor: The Power of Social Connection Speaker: Julianne Holt Lunstad, PhD	\$20	\$25
16. Helping Patients Understand the "Why" Driving Addiction and "How" to Break Bad Habits? Speaker: Judson Brewer, MD, PhD	\$40	\$50