

PRECLINICAL ELECTIVE

TITLE: Life Style Medicine

COURSE NO.: SOMN 701

DEPARTMENT: Psychiatry and Family Medicine

DURATION: 1 semester

ACADEMIC DIRECTOR:
(responsible for grading): Angele McGrady, PhD, MEd, LPCC
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ELECTIVE COORDINATOR: Jamie Myrice, Psychiatry Department
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FACULTY PARTICIPANTS:

Angele McGrady Ph.D. LPCC Professor Department of Psychiatry 419 383-5653	Julie Brennan Ph.D. R.D., L.D. Associate Professor and Director of Behavioral Health Department of Family Medicine
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SEMESTERS AVAILABLE: Fall and Spring

NUMBER OF STUDENTS: 20 per semester

LOCATIONS: UTMC

GENERAL DESCRIPTION:

This elective is designed to introduce first and second year medical students to the fundamentals of life style medicine, including physical activity, nutrition and stress management. The major contemporary physical and emotional illnesses are strongly influenced by the choices that people make and the actions that result from those choices. Current literature strongly supports the roles of behavior and personal decision making in health and illness. This elective will present the student with evidenced based lifestyle recommendations for themselves and for their future patients. Students will have the opportunity to work with peers and faculty in assessing their own lifestyle, setting goals and then designing a program to make one lifestyle change in the semester. Total time requirement will be a minimum of 10 hours.

EDUCATIONAL OBJECTIVES:

- Define lifestyle medicine and its components.
- Evaluate the key elements of lifestyle (activity, nutrition and reactions to stress) that affect health
- Establish the key elements of goal setting
- Design and implement a plan for personal change in one of the domains of lifestyle medicine.
- Summarize general guidelines for prescribing lifestyle changes to patients whose physical problems and emotional distress are affected by their lifestyle

LINKAGE TO EDUCATIONAL PROGRAM OBJECTIVES:

Knowledge:

- MK-5 Application of basic science knowledge to clinical problems
- MK-10 Knowledge of principles and development of human behavior
- MK-11 Knowledge of the manner in which people of diverse cultures and belief systems perceive health and illness and respond to symptoms, diseases, and treatments.
- MK-15 Knowledge of the important non-biological determinants of poor health and of the economic, psychological, social, and cultural factors that contribute to the development and/or continuation of disease.

Professionalism:

- PB-2 Honesty and integrity in all interactions with patients, patients' families, colleagues and others with whom students interact in their professional lives.
- PB-3 Professionalism in dress, grooming, manner of speech and personal interactions with colleagues, faculty, staff, patients, patients' families.

Skills:

- IPC-2 The ability to communicate effectively, with colleagues within one's discipline as well as other health professionals in a respectful, professional and timely manner to ensure interdisciplinary and interprofessional delivery of high quality care.
- IPC-4 The ability to apply principles of cultural competence to all aspects of health care delivery.

METHODS OF TEACHING:

- Lectures/presentation on topics relevant to life style medicine.
- Online modules
- Feedback on current lifestyle and comparison to norms
- Peer to peer teaching/learning; group activity
- Cases to test skills in designing lifestyle recommendations
- Recommended reading

METHODS OF STUDENT EVALUATION:

- Documentation of a minimum of 10 hours of activity.
- Attendance at a minimum of 3 out of 4 lectures/discussions.
- Completion of goal setting assignment
- Completion of assessment of physical activity, nutrition and current stress
- Completion of prescription lifestyle change assignment using cases provided by faculty

ELECTIVE EVALUATION:

Students will be given the opportunity to evaluate their experience and make recommendations to the academic director and teaching faculty

PREREQUISITES: None