

Lifestyle Medicine Curriculum Outline

*Curriculum development is currently in progress throughout 2023, below is the overarching framework. The curriculum outline will expand as we co-design our Indigenous modules and finalise the ASLM curriculum.



Introduction

Lifestyle Medicine is evidence-based clinical care that supports behaviour change through person-centred techniques to improve mental wellbeing, social connection, healthy eating, physical activity, sleep and minimisation of harmful substances and behaviours.

The Lifestyle Medicine curriculum covers the knowledge required to have a full understanding of the impact lifestyle factors have on health and where this knowledge can be put into action in the management of specific health conditions.

Our curriculum is divided into four domains:

**The Foundations of
Lifestyle Medicine**

**The 6 Pillars of Lifestyle
Medicine**

**Lifestyle Medicine
Skills**

**The Application of
Lifestyle Medicine to
Specific Conditions**

The Foundations of Lifestyle Medicine

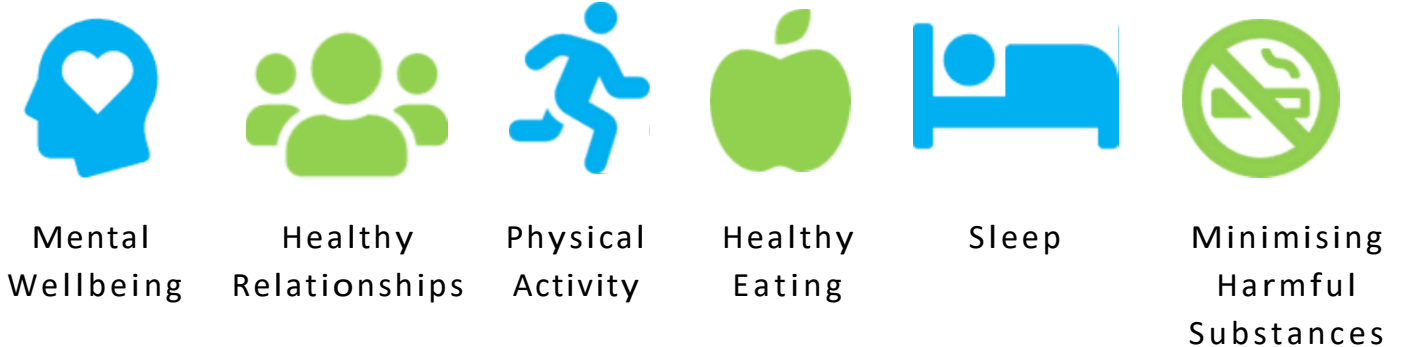
The Foundations of Lifestyle Medicine domain includes definitions, background scope, skills and is an introduction to the 3 Principles of Lifestyle Medicine.

The Three Principles of Lifestyle Medicine

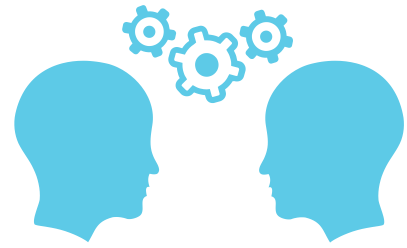


The 6 Pillars of Lifestyle Medicine

The 3 Principles are underpinned by the 6 Pillars of Lifestyle Medicine, and the understanding of these is a crucial part of the LM curriculum. The 6 Pillars are:



Lifestyle Medicine Skills



The Lifestyle Medicine Skills section of the curriculum covers how to:

- Taking a Lifestyle History
- Clinical Assessment of Lifestyle Factors
- Supporting behaviour change and creating a Lifestyle treatment plan
- Healthcare professionalism in Lifestyle Medicine
- The impact of physician and practitioner health on Lifestyle Medicine
- Delivering change in healthcare settings

The Application of Lifestyle Medicine to Specific Conditions

The ASLM curriculum will introduce and explain how Lifestyle Medicine can be applied to specific conditions. As well as using the latest evidence to explain and define these conditions, we use an evidence-based approach to:

- Condition prevention
- Condition specific treatment
- Remission maintenance

These are elective modules and will be introduced gradually as the ASLM curriculum continues to develop.

The Foundations of Lifestyle Medicine

Curriculum Area	Core Topics Covered
What is Lifestyle Medicine?	<ul style="list-style-type: none">• What is Lifestyle Medicine?• How the ASLM defines Lifestyle Medicine• Which Lifestyle Changes Matter for Health• How to Support People to Make and Sustain Lifestyle Change• Maintaining Standards in Lifestyle Medicine Practice• Comparing Lifestyle Medicine to Other Medical Specialities and Non-Conventional Practices
The 3 Principles of Lifestyle Medicine	<ul style="list-style-type: none">• Principle 1: The Socioeconomic Determinants of Health Bringing Context to Lifestyle Medicine• Principle 2: Behaviour Change• Principle 3: The 6 Pillars Of Lifestyle Medicine<ul style="list-style-type: none">◦ Mental Wellbeing◦ Healthy Relationships◦ Physical Activity◦ Healthy Eating◦ Sleep◦ Minimising Harmful Substances
Why We Need Lifestyle Medicine	<ul style="list-style-type: none">• Treating the Root Causes of Disease• The Global Burden of Disease• Lifestyle Medicine and Covid-19• Lifestyle Medicine as part of National Healthcare Guidance• What Matters Most to Patients• The Harms of Too Much Medicine
The Growth of Lifestyle Medicine	<ul style="list-style-type: none">• The Emergence of Lifestyle Medicine• Lifestyle Medicine in Australasia• The Foundation of the ASLM• Growth of the ASLM• Lifestyle Medicine Resources

The 6 Pillars of Lifestyle Medicine

Pillar	Areas Covered
 <p>Healthy Eating</p>	Examining the evidence that better nutrition improves health; AU/NZ eating habits and dietary guidelines; the physiology of nutrition; assessing nutrition; supporting people to eat healthily; nutrition and specific health conditions.
 <p>Mental Wellbeing</p>	Examining the evidence that stress adversely affects health; physiology of stress; assessing stress; supporting people to reduce stress and engage in healthy relaxation; the evidence that meaning and purpose improve health; the physiology of meaning and purpose; assessing meaning and purpose; supporting people to find meaning and purpose.
 <p>Healthy Relationships</p>	Examining the evidence that improved social and community connection improves health; physiology of social connection and health; assessing social isolation/connection; supporting people to strengthen their social connections.
 <p>Physical Activity</p>	Examining the evidence that physical activity improves health; AU/NZ and International physical activity levels and guidelines; physiology of physical activity and health; assessing physical activity; supporting people to become more physically active; physical activity and specific health conditions.
 <p>Minimising Harmful Substances</p>	Examining the evidence that toxic substances and addictive behaviours adversely impact on health; assessing people's harmful addictions; supporting people to reduce the use of harmful substances.
 <p>Sleep</p>	Examining the evidence that sleep is essential for health; the physiology of sleep; assessing sleep quality; supporting people to improve sleep quality.

Lifestyle Medicine Tools and Skills

Lifestyle Medicine Skill	Areas Covered
Taking a Lifestyle history	How to broach lifestyle in a short consultation; how to avoid stigma and blame around lifestyle in a consultation; considering socioeconomic factors and lifestyle; why don't we talk more about lifestyle in consultations?; taking a history around the key pillars of lifestyle medicine; how to explore health beliefs, knowledge, motivation and activation; how to use active listening skills; using person-centred approaches.
Clinical Assessment of Lifestyle Factors	Assessing nutrition: Dietary quality index, food diaries; assessing sleep: Sleep med index, Epworth score, NHS sleep assessment; assessing Physical Activity: PA Vital Sign/GPPAQ, sedentary behaviour; assessing stress, signature strengths, quality of life, mood and anxiety; assessing the quality of social interactions and relationships; assessing time spent in nature/impact of environment; assessing impact of deprivation on ability to make lifestyle changes (DipcareQ); assessing the harmful effects of technology (social media addiction, screen time); assess well-being using the ONS-4 tool; assessing risk factors using validated tools e.g. Q-risk, Q-diabetes etc. Select and interpret findings of relevant physical examinations and laboratory tests, appropriate to individual patient presentation and practitioner scope of practice.
Supporting Behaviour Change and Creating a Lifestyle Treatment Plan	Behaviour Change theory and practice including motivational interviewing, health coaching, CBT and positive psychology; person-centred care - the 6 core principles: care and support planning, enabling choice, shared decision making, supported self-care, personal health budgets; social prescribing and wider community assets; values based care; relationship based care; group work; Shared Medical Appointments (SMAs) and Medical Yarn Ups (MYUs), intensive Lifestyle Medicine Programmes, structured health education/group education; examples of lifestyle medicine practice in the NHS; rehabilitation, Pulmonary Rehabilitation, Prehabilitation for surgery, health literacy, use of the multi-disciplinary team.

Lifestyle Medicine Skills Continued

Skills	Areas Covered
Healthcare Professionalism in Lifestyle Medicine	Professional role - GMC guidance, NMC guidance, confidentiality; scope of practice and knowing when to refer on; ethics; record keeping; keeping up-to-date and evidence-based; advocacy, leadership in lifestyle medicine to impact policy; discussing uncertainty with patients
The Impact of Practitioner Health on Lifestyle Medicine	Evidence for practitioner role modelling on patient health behaviour; practitioner health; burn-out; compassion fatigue, integration of health lifestyle practices within the workplace.
Delivering Change in Healthcare Settings	Current models of care e.g., the chronic care model, disease focus rather than person focus, protocol driven care; the barriers to change in the medical profession and Medicare; identifying levers of change and influence; the cultural aspects of western medical practice; medical hierarchy; quality improvement approaches, Plan-Do-Study-Act; patient participation in design and feedback on services; co-design of services involving patients and all staff.

About the ASLM:

The Australasian Society of Lifestyle Medicine (ASLM) is a health promotion charity, working towards improved prevention, management and treatment of chronic, complex, and lifestyle-related conditions. 'Lifestyle-related' includes environmental, societal, behavioural and other factors.

At ASLM we support an interdisciplinary approach to health and healthcare; shifting away from siloed practice to create a genuinely collaborative means through which complex problems can be solved.

We now have more than 1000 members drawn from a range of disciplines including primary and secondary care clinicians, allied and public health professionals, scientists, educators, and researchers.

ASLM is a leading member of a global network of Lifestyle Medicine Societies all working to establish Lifestyle Medicine as central to health and wellbeing, medicine, healthcare, and health policy.

About ASLM Education:

Since ASLM was founded in 2015, lifestyle medicine education has been at the core of our work. To date, over 300 healthcare practitioners have taken the ASLM/IBLM Lifestyle Medicine board certification exam enabling them to offer more options to their patients. The ASLM Accreditation offers practitioners a bespoke course adapted to the Australasian health context and systems.

What ASLM Education can do for you

- Develop your career
- Offer more choices to your patients
- Sustain your own health
- Gain the tools to run effective person-centred consultations

For more information on any of the ASLM courses, please contact us at education@lifestylemedicine.org.au