

שם הקורס:

רפואת אורחות חיים

Lifestyle Medicine

מס' קורס: 81-994

מרכזת הקורס: ד"ר לילך מלצקי ו דר' ג'ומאנה עיסא חדד

סוג הקורס: קורס אינטרנטי

שנת לימודים: תשפ"א סמסטר: ב' מס' נ"ז: 1

א. מטרת הקורס:

Course Objectives:

This introductory course in Lifestyle Medicine provides a foundation of theoretical and practical knowledge and skills, as well as an opportunity to plan strategies and practice techniques for assisting with positive health behavior changes, while partnering with locally and globally available peers and mentors.

The course's 10 modules provide an introduction to the principles of lifestyle medicine; an understanding of the effects of physical activity, nutrition, sleep, stress, and sexuality on health; overviews of smoking cessation and alcohol use disorders; and skills to develop and implement action plans for lifestyle medicine in both clinical and personal settings. Appendix I details the specific objectives of each module.

The course is comprised of 10 online modules. Within each module, there is a series of 2-6 specific lessons related to each topic.

ב. תוכן הקורס: (רציונל, נושאים)

Course Content

The course is an online course (accessed at: <http://www.nextgenu.org/course/view.php?id=205#0>). Students are required to complete each module on their own time. The course consists entirely of online readings and online lectures (e.g.: TED talks). Each student will be paired with a lifestyle medicine mentor to provide individual guidance and assistance with the assignments. There is the option to engage in dialogue through the online platform.

תכנית הוראה מפורטת לכל השיעורים: (רשימה או טבלה כדוגמת המצ"ב)

Module 1: Introduction to Lifestyle Medicine	<ul style="list-style-type: none"> Lesson 1: Definition, Role, and Evidence Base for Lifestyle Medicine
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	<ul style="list-style-type: none"> • Lesson 2: The Importance of Lifestyle Medicine in Treating the World's Lifestyle Disease Burden • Lesson 3: The Role of Physician Health and Physician Advocacy • Lesson 4: Environmental Lifestyle Factors and Their Impact on Non-communicable Diseases
Module 2: Fundamentals of Health Behavior Change	<ul style="list-style-type: none"> • Lesson 1: Introduction to Behavior Change • Lesson 2: Tools for Health Behavior Change • Lesson 3: Techniques for Health Behavior Change • Lesson 4: Building Effective Relationships with Patients • Lesson 5: Maintain Healthy Behaviors
Module 3: Physical Activity	<ul style="list-style-type: none"> • Lesson 1: Introduction to Physical Activity • Lesson 2: Recommendations on Physical Activity • Lesson 3: Components of Physical Activity • Lesson 4: Exercise Prescription • Lesson 5: Patient Evaluation • Lesson 6: Improving Exercise Adoption and Maintenance
Module 4: Nutrition	<ul style="list-style-type: none"> • Lesson 1: Introduction to Nutrition • Lesson 2: The Role of Nutrition in Preventing and Treating Chronic Diseases • Lesson 3: Dietary Guidelines and Nutrition Prescriptions • Lesson 4: Obesity
Module 5: Sleep Health	<ul style="list-style-type: none"> • Lesson 1: The Role of Sleep in Health • Lesson 2: Sleep Disorder Evaluation and Management
Module 6: Tobacco Use	<ul style="list-style-type: none"> • Lesson 1: Epidemiology of Tobacco-Related Diseases • Lesson 2: The Physiological, Psychological, and Behavioral Components of Tobacco Use • Lesson 3: Treatment of Tobacco Use
Module 7: Alcohol Use	<ul style="list-style-type: none"> • Lesson 1: Epidemiology of Alcohol-Related Diseases • Lesson 2: Screening for Harmful Alcohol Use



	<ul style="list-style-type: none"> • Lesson 3: Intervention and Prevention
Module 8: Emotional and Mental Well-being	<ul style="list-style-type: none"> • Lesson 1: Relationship Between Stress and Health • Lesson 2: Screening and Screening Tools • Lesson 3: Lifestyle-related Intervention Strategies • Lesson 4: Depression and Anxiety in Patients with Comorbidities • Lesson 5: Stress and Burnout Among Physicians
Module 9: Sexuality and Health	<ul style="list-style-type: none"> • Lesson 1: Relationship Between Sexuality and Health • Lesson 2: Counseling Patients with Sexuality Issues
Module 10: Implementing Lifestyle Medicine	<ul style="list-style-type: none"> • Lesson 1: Health Promotion in Clinics and Practices • Lesson 2: Key Clinical Processes in Lifestyle Medicine • Lesson 3: Strategies for Effective Office Systems to Plan Screenings, Follow Up on Test Results and Clinical Follow-Ups • Lesson 4: Strategies to Obtain Information about Local Community Resources

שמות מרצים

Names of lecturers

- Dr Lilach Maletsky- Course co-coordinator and mentor
- Dr Jumanah Essa-Hadad – Course co-coordinator and mentor

ג. חובות הקורס:

Course Requirements

- 1. 10 practice quizzes- one at the end of each module**
- 2. Final exam**
- 3. Assignments- peer project**

At the end of each lesson, there is a practice quiz. At the end of the course, there is a final exam that is administered online. A chance to assess the training will also be provided. As part of the course, there is an assignment that will involve selecting an individual to accompany and support in lifestyle health behavior change. Throughout the modules, student will meet with this individual and practice the use of key materials and behavioral methods. Some of the assignments are discussed with the mentor and some will be submitted as a short summary for peer review.

Peer project - Students are asked to choose one peer, to practice with on personal health behavior change. Throughout the modules they will be asked to meet/Skype with the peer and practice the use of key materials and behavioral methods on each other.

By the end of the course they will submit a summary of this activity
By the end of the course, the student will submit a assignment to their mentor that summarizes their practical clinical project.

דרישות קדם: None

Previous requirements: None

An overall mark of 60% is required to pass the course

ד. ביבליוגרפיה: (חובה/רשות)

ספרי הלימוד (textbooks) וספרי עזר נוספים:

Required Reading

All reading material on the NextGenU.org Lifestyle Medicine course website.