

<b>COURSE INFORMATION</b>					
<b>Course Title</b>	<i>Code</i>	<i>Semester</i>	<i>L+P+L Hour</i>	<i>Credits</i>	<i>ECTS</i>
The Life Style Medicine	MED 553	Phase 5/9-10	32	2	2*

\* ECTS credits are the university credits of the courses in Yeditepe University, Faculty of Medicine, Undergraduate Medical Education Program

<b>Prerequisites</b>	Students apply to this course in their 5th year of faculty of medicine.
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<b>Language of Instruction</b>	Turkish
<b>Course Level</b>	Second Cycle including First Cycle Degree (One Tier Programme)
<b>Course Type</b>	Area Elective
<b>Course Coordinator</b>	Prof. Dr. Mehtap Kaçar
<b>Instructors</b>	Prof. Dr. Mehtap Kaçar, Doç. Dr. Binnur Okan Bakır
<b>Assistants</b>	Instructor Dr. B. Tuvana US Instructor Meltem Yalçın Oğuz Instructor Melis Keküllüoğlu
<b>Goals</b>	The course aims at an understanding of basic principles of life style medicine and to enhance students' knowledge and skills on prescribing life style medicine. This course also aims to provide to you the opportunity to develop theoretical and practical knowledge and skills in lifestyle medicine, as well as developing techniques to plan and implement strategies to assist patients with positive health behavior changes and a wellbeing mindset, and to improve lifestyle for yourself and others around you.
<b>Content</b>	This course focus on the evidence-based strategies, tools and techniques to effect healthier changes in individuals as the pillars of health including weight loss, regular exercise, sleep hygiene, healthy nutrition, stress management, mental health, avoidance of risky substances, and positive social connections. Content of this course also includes prescribing exercise for preventive and therapeutic aims, evaluation of body composition, evaluation of sleep, mental health, nutrition, and stress, overviews of smoking cessation and alcohol use disorders; skills to develop and implement action plans for lifestyle medicine in both clinical and personal settings.

<b>Learning Outcomes</b> After participating in this course, students should be able to	<b>Programme Learning Outcomes</b>	<b>Teaching Methods</b>	<b>Assessment Methods</b>
1) Define and explain of basic principles of life style medicine	1.1.1; 1.1.3, 1.1.4, 1.1.5, 1.1.6, 1.1.7, 2.1.1, 2.2.1, 2.2.2, 2.2.3, 2.2.4, 2.4.1, 2.5.1, 2.5.3	1,2,3,4,5	A,B,C
2) Prescribe evidence-based life style medicine	1.1.1; 1.1.3, 1.1.4, 1.1.5, 1.1.6, 1.1.7, 2.1.1, 2.2.1, 2.2.2, 2.2.3, 2.2.4, 2.4.1, 2.5.1, 2.5.3	1,2,3,4,5	A,B,C
3) Understand and explain sleep's role in health and chronic disease	1.1.1; 1.1.3, 1.1.4, 1.1.5, 1.1.6, 1.1.7, 2.1.1, 2.2.1, 2.2.2, 2.2.3, 2.2.4, 2.4.1, 2.5.1, 2.5.3	1,2,3,4,5	A,B,C
4) Know the tools to evaluate and manage sleep.	1.1.1; 1.1.3, 1.1.4, 1.1.5, 1.1.6, 1.1.7, 2.1.1, 2.2.1, 2.2.2, 2.2.3, 2.2.4, 2.4.1, 2.5.1, 2.5.3	1,2,3,4,5	A,B,C
5) Describe and explain the healthy nutrition	1.1.1; 1.1.3, 1.1.4, 1.1.5, 1.1.6, 1.1.7, 2.1.1, 2.2.1, 2.2.2, 2.2.3, 2.2.4, 2.4.1, 2.5.1, 2.5.3	1,2,3,4,5	A,B,C
6) Describe and know the basic principles of healthy cooking	1.1.1; 1.1.3, 1.1.4, 1.1.5, 1.1.6, 1.1.7, 2.1.1, 2.2.1, 2.2.2, 2.2.3, 2.2.4, 2.4.1, 2.5.1, 2.5.3	1,2,3,4,5	A,B,C
7) Understand the role of nutrition in preventing and treating common chronic diseases	1.1.1; 1.1.3, 1.1.4, 1.1.5, 1.1.6, 1.1.7, 2.1.1, 2.2.1, 2.2.2, 2.2.3, 2.2.4, 2.4.1, 2.5.1, 2.5.3	1,2,3,4,5	A,B,C
8) Know and recommend the tools to smoking cessation	1.1.1; 1.1.3, 1.1.4, 1.1.5, 1.1.6, 1.1.7, 2.1.1, 2.2.1, 2.2.2, 2.2.3, 2.2.4, 2.4.1, 2.5.1, 2.5.3	1,2,3,4,5	A,B,C

9) Use screening tools for stress, depression, and anxiety.	1.1.1; 1.1.3, 1.1.4, 1.1.5, 1.1.6, 1.1.7, 2.1.1, 2.2.1, 2.2.2, 2.2.3, 2.2.4, 2.4.1, 2.5.1, 2.5.3	1,2,3,4,5	A,B,C
10) Know and recommend stress management technics	1.1.1; 1.1.3, 1.1.4, 1.1.5, 1.1.6, 1.1.7, 2.1.1, 2.2.1, 2.2.2, 2.2.3, 2.2.4, 2.4.1, 2.5.1, 2.5.3	1,2,3,4,5	A,B,C
11) Know and explain importance of Physician and Health Professional Well-being	1.1.1; 1.1.3, 1.1.4, 1.1.5, 1.1.6, 1.1.7, 2.1.1, 2.2.1, 2.2.2, 2.2.3, 2.2.4, 2.4.1, 2.5.1, 2.5.3	1,2,3,4,5	A,B,C
12) Gain skills to build and maintain a well-being mindset for physicians and health professional	1.1.1; 1.1.3, 1.1.4, 1.1.5, 1.1.6, 1.1.7, 2.1.1, 2.2.1, 2.2.2, 2.2.3, 2.2.4, 2.4.1, 2.5.1, 2.5.3	1,2,3,4,5	A,B,C

<b>Teaching Methods:</b>	1-Lecture; 2-Team Work; 3-Case Study, 4-Discussion Hours, 5-Practical applying
<b>Assessment Methods:</b>	A: Presentation, B: Homework, C: Project

<b>COURSE CONTENT</b>		
<b>Day</b>	<b>Topics</b>	<b>Study Materials</b>
1	Introduction and Overview to the Life Style Medicine	
1	Healty life and healty aging	
1	The six gold rules for healty life	
1	Common health problems in aging	
2	Healthy Nutrition	

2	Disease and nutrition relationship	
2	Healthy cooking	
2	Diets as a treatment tool	
3	Mental and social health	
3	Sleep's role in health and chronic disease	
3	Exercise prescriptions as a treatment	
4	Avoidance of risky substances and addictions	
4	Physician and Health Professional Well-being	
4	How to incorporate lifestyle medicine in your daily practice?	
5	FINAL EXAM	

<b>RECOMMENDED SOURCES</b>	
<b>Textbook</b>	1- The Lifestyle Medicine Pocket Guide. Case Brabham, Andre M. Dempsey, and Beth Frates. 2023, ISBN:9781606796023 2- The Teen Lifestyle Medicine Handbook: The Power of Healthy Living. Beth Frates et al, 2020, ISBN:9781606795132 3- <a href="https://journalofethics.ama-assn.org/article/lifestyle-medicine-competencies-primary-care-physicians/2013-04">https://journalofethics.ama-assn.org/article/lifestyle-medicine-competencies-primary-care-physicians/2013-04</a> 4- Sport and Exercise Medicine. An Essential Guide, Edited By David Eastwood, Dane Vishnubala, 2023 ISBN 9781032017624
<b>Additional Resources</b>	Lecture notes

<b>MATERIAL SHARING</b>	
<b>Documents</b>	Google Classroom, electronic material
<b>Assignments</b>	Shareable

<b>ASSESSMENT</b>		
<b>IN-COURSE STUDIES</b>	<b>NUMBER</b>	<b>PERCENTAGE</b>
Class and Laboratory Performance	1	40
Homework	1	30
Practical applying	1	30
<b>Total</b>		<b>100</b>
<b>CONTRIBUTION OF FINAL EXAMINATION TO OVERALL GRADE</b>		50

<b>CONTRIBUTION OF IN-COURSE STUDIES TO OVERALL GRADE</b>		50
<b>Total</b>		<b>100</b>

<b>COURSE CATEGORY</b>	Expertise/Field Courses
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<b>COURSES CONTRIBUTION TO PROGRAM</b>					
<b>COMPETENCE AREA-1 / Professional Practices</b>	<b>Contribution</b>				
<b>COMPETENCE 1.1. Health Service Provider</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Competency 1.1.1.</b> Integrates knowledge, skills, and attitudes acquired from basic and clinical medical sciences, behavioral sciences, and social sciences to provide health services.			X		
<b>Competency 1.1.2.</b> Demonstrates a biopsychosocial approach that considers the individual's sociodemographic and sociocultural background without discrimination based on language, religion, race, or gender in patient management.					
<b>Competency 1.1.3.</b> Prioritizes the protection and improvement of individuals' and community's health in the delivery of healthcare services.					X
<b>Competency 1.1.4.</b> Performs the necessary actions in the direction of maintaining and improving the state of health as considering the individual, social, social and environmental factors affecting health.					X
<b>Competency 1.1.5.</b> Provides health education to healthy/ill individuals and their families, as well as to other healthcare professionals, by recognizing the characteristics, needs, and expectations of the target audience.					X
<b>Competency 1.1.6.</b> Demonstrates a safe, rational, and effective approach in the processes of protection, diagnosis, treatment, follow-up, and rehabilitation in health service delivery.				X	
<b>Competency 1.1.7.</b> Performs interventional and/or non-interventional procedures safely and effectively for the patient in the processes of diagnosis, treatment, follow-up, and rehabilitation.	X				
<b>Competency 1.1.8.</b> Provides healthcare services considering patient and employee health and safety.					
<b>Competency 1.1.9.</b> Considers changes related to the physical and socio-economic environment at both regional and global scales that affect health, as well as changes in the individual characteristics and behaviors of those who seek healthcare services.					
<b>COMPETENCE AREA-2 / Professional Values and Approaches</b>	<b>Contribution</b>				
<b>COMPETENCE 2.1. Adopting Professional Ethics and Principles</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Competency 2.1.1.</b> Considers good medical practices while performing the profession.		X			
<b>Competency 2.1.2.</b> Fulfills duties and obligations within the framework of ethical principles, rights, and legal responsibilities required by the profession.					
<b>Competency 2.1.3.</b> Demonstrates determined behavior in providing high-quality healthcare while considering the patient's integrity.					
<b>Competency 2.1.4.</b> Evaluates own performance in professional practices by considering own emotions and cognitive characteristics.					
<b>COMPETENCE 2.2. Health Advocate</b>					
<b>Competency 2.2.1.</b> Advocates for the improvement of healthcare service delivery by considering the concepts of social accountability and social responsibility in the protection and enhancement of community health.					X

<b>Competency 2.2.2.</b> Plans and implements service delivery, education, and counseling processes related to individual and community health, in collaboration with all stakeholders, for the protection and improvement of health.					<b>X</b>
<b>Competency 2.2.3.</b> Evaluates the impact of health policies and practices on individual and community health indicators and advocates for the improvement of healthcare quality.				<b>X</b>	
<b>Competency 2.2.4.</b> Gives importance to protecting and improving own physical, mental, and social health and takes necessary actions for it.				<b>X</b>	
<b>COMPETENCE 2.3. Leader-Manager</b>					
<b>Competency 2.3.1.</b> Demonstrates exemplary behavior and leadership within the healthcare team during service delivery.					
<b>Competency 2.3.2.</b> Utilizes resources in a cost-effective, socially beneficial, and compliant manner with regulations in the planning, implementation, and evaluation processes of healthcare services as the manager in the healthcare institution.					
<b>COMPETENCE 2.4. Team Member</b>					
<b>Competency 2.4.1.</b> Communicates effectively within the healthcare team and takes on different team roles as necessary.	<b>X</b>				
<b>Competency 2.4.2.</b> Displays appropriate behaviors while being aware of the duties and responsibilities of healthcare workers within the healthcare team.					
<b>Competency 2.4.3.</b> Works collaboratively and effectively with colleagues and other professional groups in professional practice.					
<b>COMPETENCE 2.5. Communicator</b>					
<b>Competency 2.5.1.</b> Communicates effectively with patients, their families, healthcare professionals, and other occupational groups, institutions and organizations.	<b>X</b>				
<b>Competency 2.5.2.</b> Communicates effectively with individuals and groups who require a special approach and have different sociocultural characteristics.					
<b>Competency 2.5.3.</b> Demonstrates a patient-centered approach that involves the patient in decision-making mechanisms during the diagnosis, treatment, follow-up, and rehabilitation processes.			<b>X</b>		
<b>COMPETENCE AREA-3 / Professional and Personal Development</b>	<b>Contribution</b>				
<b>COMPETENCE 3.1. Scientific and Analytical Approach</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Competency 3.1.1.</b> Plans and implements scientific research, as necessary, for the population it serves, and utilizes the results obtained, as well as those from other research, for the benefit of the community.					
<b>Competency 3.1.2.</b> Accesses and critically evaluates current literature related to their profession.					
<b>Competency 3.1.3.</b> Applies evidence-based medicine principles in the clinical decision-making process.					
<b>Competency 3.1.4.</b> Uses information technologies to enhance the effectiveness of healthcare, research, and education activities.					
<b>COMPETENCE 3.2. Lifelong Learner</b>					
<b>Competency 3.2.1.</b> Manages effectively individual study processes and career development.					
<b>Competency 3.2.2.</b> Demonstrates skills in acquiring, evaluating, integrating new information with existing knowledge, applying to professional situations, and adapting to changing conditions throughout professional career.					
<b>Competency 3.2.3.</b> Selects the right learning resources to improve the quality of health care and organizes the learning process.					

<b>ECTS ALLOCATED BASED ON STUDENT WORKLOAD BY THE COURSE DESCRIPTION</b>			
Activities	Quantity	Duration (Hour)	Total Workload (Hour)
Lecture	10	1	10
Practical applying	11	2	22
Hours for off-the-classroom study (Pre-study, reinforcement, homework, project)	12	2	24
Final	1	2	2
<b>Total Work Load</b>			58
<b>Total Work Load / 30 (h)</b>			1.93
<b>ECTS Credit of the Course</b>			2