

**Lifestyle Medicine Certification – Case Study Template**

*Please read the notes at the end of this document before commencing. This template is to be used as a guide only. You may prefer to present the case study in your own format.*

|  |  |
| --- | --- |
| **Your full name** |   |
| **Patient/ subject information** | Age / Sex |   |
|    | Presentation |    |
|    | Investigations/approaches |      |
| Biometrics  |   | weight | BP | …………. | ………… | ………… | ……….. |
|  | pre |   |   |   |   |   |   |
|   | post |   |   |   |   |   |   |
| Relevant Medication  | Dosage Before Intervention | Dosage After Intervention |
|  |  |  |
|  |  |  |
|   |    |     |
|   |    |     |
|    | Diagnoses |      |
| **LM treatment/ intervention** | Nutrition |    |
|    |
| Physical activity |    |
| Resilience (stress, sleep) |    |
| Social support/ connectedness |    |
| Other |    |

|  |  |  |
| --- | --- | --- |
| **Clinical summary** | Process / management / review |  |
| Outcomes / results |  |
| **Reflections/ Notes**(500-800 words as a guide)(use a separate sheet if desired) |  |

*Case Study Instruction*

*Overall:*

*This piece of work should demonstrate synthesis of information, application of knowledge and critical reflection. The table above is just a basic template to guide expectations and is by no means exactly what is required as there is considerable latitude for candidates to demonstrate knowledge and synthesis of information in a manner suitable to the case being presented. If you are unsure if your case study idea will be suitable, please run it by our Education Coordinator for an initial review prior to developing the idea further.*

*Ideally the case study will be well written, well thought out, and well-referenced with a selection of appropriate references on which key thinking/decisions/actions/processes etc are based.  While it is understood that case studies will vary in length, as a guide, your case study should be in the range of 750 words as a minimum and can be up to 1500 words for more developed pieces of work. We may like to publish excellent case studies, with your permission.*

*A basic framework is provided as a guide in the table above, but in general terms, clinical case studies can be divided into the following sections:*

* *Presentation*
* *Investigations/approaches*
* *Diagnoses*
* *Treatment/intervention*
* *Management/review*
* *Reflection*

*Please ensure all patient information is comprehensively de-identified.*

*The ‘Reflections/Notes’ section at the end of the case study provides an opportunity for you to provide a rationale for the investigations/diagnoses/treatment/management as the case may be, and to demonstrate critical thinking – supported by appropriate references. As a guide, 5-10 references will likely be sufficient, but this will of course vary according to the case and the reflection.*

*More specifically:*

*Please summarize the case of a patient (which can be yourself or a hypothetical person if necessary) to whom you prescribed lifestyle change as the primary treatment for one or more chronic diseases. Provide:*

* *Presentation: a brief history and background of the patient on presentation*
* *Investigations: the investigations undertaken and approaches considered in forming a view as to the nature of the presentation and it’s underlying causes*
* *Diagnoses: the formal diagnoses, as appropriate, along with co-morbidities and any other relevant factors*
* *Treatment: the types, intensity (length), and frequency of treatment and interventions offered (pharmaceuticals, nutritional support, counseling, group visits, digital apps, phone support, dietician visits, psychology, exercise physiology, etc.) with particular attention to lifestyle areas of focus (nutrition, movement, social connection, stress management/emotional well-being, sleep, etc)*
* *Management/review: results on review and ongoing changes to management plan, such as changes in biochemistry, decrease in hospitalizations, decreased symptoms, improved vital signs and decrease/change in medications, level of increase in movement in frequency/minutes per week; frequency/amount of plant based meals added; other dietary changes; increase in sleep; stress management activities added, patient’s view of changed/improved quality of life and life satisfaction*
* *Reflection: Your critical review of the above, your thought processes and approaches, how they could have been improved, expanded, limitations, challenges, etc.*

*Finally, to assist with your reflection, you may like to consider the following statement: “Lifestyle Medicine is more than health behavior. Health and health behavior are factors of society and culture, beliefs and attitudes, environment (built and natural), socioeconomic and political factors, amongst other things. Lifestyle Medicine is therefore concerned with the modifiability of these factors, whether in a clinical, community, or health policy setting.”*