Stephen Penman, MA [Res], GC (Tert Teach Learn)

Stephen Penman is Executive Director of ASLM and of the Lifestyle Medicine Foundation. He was invited to sit on the board of the ABLM as an observer during the exam development process, has reviewed the exam questions, has observed and assisted at two exams for ACLM in the US, and has organised two exams for ASLM. He has now been appointed an exam proctor for the IBLM.

Jordhana Clark, BHSc (Nat), Adv Dip (YT)

Jordhana Clark is the Education Coordinator at ASLM. She is instrumental in developing ASLM’s workshops, online learning, international board certification and fellowship program. She also has responsibility for assessing fellowship RPL applications and liaising with all applicants and candidates. With two exams and 62 exam graduates under her belt, Jordhana is very experienced in assisting candidates towards the exam.

Dr Sam Manger, MBBS, BSc, FRACGP, FASLM, Medical Educator

Dr Sam Manger is a General Practitioner, President of ASLM, Australian representative for the Lifestyle Medicine Global Alliance, host of “The GP Show” podcast, and a medical educator with James Cook University (JCU) and Generalist Medical Training (GMT).

Eve Raets, BSc (Biomed), BHlthSc (Hons), MPH

Eve Raets is ASLM’s Executive Officer and the main point of contact with the Society. Her role sees her working across most projects and initiatives that ASLM embarks upon. She has a BSc (Biomedical Science) and a Master of Public Health and not surprisingly, is deeply passionate about the prevention of chronic disease through Lifestyle Medicine.

Dr Michelle Reiss
• General Practitioner
• Certified Lifestyle Medicine Physician (ASLM/IBLM)
• GP Advisor on Healthy Weight to the HNECC PHN
• Member of the Healthy Weight Taskforce
• Principal of Mingara Health and ‘I Can Change Me’ program

Simon Matthews
• Registered Psychologist
• Certified Lifestyle Medicine Professional (ASLM/IBLM)
• Nurturer
• Personal Trainer
• Health Educator and Principal of Solutions4Life

Juliet Richards
• Consultant Pharmacist
• Credentialed Diabetes Educator
• Certified Lifestyle Medicine Practitioner (ASLM)
• Principal of MyMedsHealth – providing clinical pharmacy, chronic disease management and other support services to GPs
Physician core competencies in LM

- 2 year project, ACLM + ACPM = JAMA article in 2010
- Recommended competencies for all physicians in addressing the lifestyle causes and treatments for most medical problems in modern society.
  - Facilitating health behavior change
  - Alcohol use risk reduction
  - Nutrition science / assessment & prescription
  - Sleep health
  - Emotional/wellbeing/trait reduction
  - Physical activity science / assessment & prescription
  - Smoking cessation
  - Electives (Choose three hours from five options)
  - + Positive psychology


History of Board Certification

- ACLM & ACPM developed ‘Lifestyle Medicine Core Competencies’ (LMCC) course
- American Board of Lifestyle Medicine formed (2016):
  - 30 hours online CME (LMCC)
  - 10 hours in-person CME (LM workshops/conferences)
  - Case study (can be theoretical if you’re not in clinical position)
  - 120-150 item (3-4 hour) exam
- International Board of Lifestyle Medicine formed (2017)
- Consistent international standard – 8 exams around the world to date:
  - Tucson Oct 17, Sydney Nov 17, Münich Feb 18, Edinburgh June 18, Brisbane Aug 18, Indianapolis Oct 18, Lima Nov 18, Bengaluru Dec 19, Kaunas Lithuania Apr 19, Seoul Apr 19, Auckland June 19

www.lifestylemedicine.org.au/certification
www.iblm.co

Why Board Certification?

- A peer-reviewed and internationally consistent level of competency
- The same study material
- The same pre-requisites
- The same exam - a world first in medicine
- Demonstrates your competency in and commitment to LM
- Augments your clinical or public health practice
- Provides a solid grounding in preventing, managing and reversing chronic and lifestyle-related diseases.
- Contributes 480 points (1/3rd) towards the ASLM Fellowship if desired

Certification to Fellowship

- Medical practitioners
- Masters/PhD level health professionals
- Degree level health professionals

480 points
1440 points
www.lifestylemedicine.org.au/fellowship
Future certification exams AU/NZ

- June 2019 Auckland
- Oct/Nov 2018, Sydney or other East Coast location (if sufficient demand)
- May 2020 - Melbourne (Lifestyle Medicine 2020 conference)
- You can also take the exam anywhere it is being held – see www.iblm.co

Fellowship interest

- Free information webinar 7pm Wednesday 27th March, 2019
- Grand-parenting period is due to end 30th June 2019 unless extended
- For more information email info@lifestylemedicine.org.au

Webinar participants only

- Half price first year coupon code for new members ‘VIPNEWMEMBER’
- $220.00 $110 (1 year membership)
- $594.00 $484 (3 year membership)
- Use this coupon code at the checkout
- Conference promo code ‘CERTIFICATION2019’ for NZ conference
  - Save $55-$165 (in addition to early bird if applicable)
  - Use this code on the conference registration page (not at the checkout)
- For new conference registrations only

In this webinar

1. Eligibility
2. Different types of certification
3. Requirements & how to complete them
4. How to prepare for the exam
5. Available support
6. Time required to prepare for the exam
7. Differences between Certification & Fellowship and how are they related
8. Benefits of Board Certification in LM
9. Previous candidates experiences
10. Q & A

www.lifestylemedicine.org.au