

Why I (and why I think you should) care about wellness as a competency

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The list of the 100+ Healthy Doc
= Healthy Patient manuscripts

https://docs.google.com/spreadsheets/d/1JZeH_L1pK7eMs3R_w6p5mr0h_ZolxkAWJdijXSgbtuY/edit?usp=sharing

Q #3: do physicians' healthier personal habits make a difference clinically? [aka, why should you care about physician health?]

Physicians' Personal Health Practices vs. Her Counseling or Screening Patients at Least 1x/yr.

Physician's fat consumption	% counseling on cholesterol at least 1x/year**
Below median fat score	30.2%
Median fat score	22.6%
Physicians' exercise	% counseling on exercise at least 1x/year**
Complies with CDC/ACSM rec.	46.1%
Doesn't comply with CDC/ACSM rec.	39.6%
Physicians' alcohol consumption	% counseling on alcohol at least 1x/year**
≤ 2 drinks per week	41.7%
> 2 drinks per week	31.9%
Physicians' cigarette smoking	% counseling on tobacco at least 1x/year
Non-smoker	63.4%
Current smoker	47.8%

**p<0.01

Frank, et al Arch Fam Med, 4/2000; Res Q Ex Sport, 6/2004

Physicians' Personal Health Practices vs. Her Counseling or Screening Patients at Least 1x/year (continued)

Physicians' receiving flu shot in last yr.	% recommending flu shot 1x/year***
Yes	51.2%
No	32.9%
Physicians' performed breast self exam	% performing breast exam 1x/year
≥ 12 x/year	61.6%
< 12 x/year	51.0%
Physicians' sunscreen use	% doing skin cancer counseling 1x/year***
Always/almost always	30.6%
Seldom/rarely/never	19.3%
Post-menopausal physicians' HRT use	% counseling about HRT 1 x/year***
Yes	45.5%
No	28.8%

***p≤0.001

Physicians' Personal Screening Practices in Prior Years vs. Her Screening or Counseling Patients at Least 1x/yr.

Physicians' cholesterol tested	% screening/counseling patients on cholesterol at least 1x/year***
Yes	33.8%
No	21.9%
Physicians' blood stool tested	% screening/counseling patients re: colorectal Ca at least 1x/year
Yes	35.9%
No	31.6%
Physicians' skin examined	% doing cancer/sunscreen screening/counseling at least 1x/year
Yes	36.2%
No	22.3%

Models for Significant Correlates of Physicians' Counseling at Least 1x/Year About Prevention, By Prevention Type

	Chole-sterol	BP	Colo-rectal cancer	Skin Ca/sunscreen use	HIV risks/testing	Flu vaccine	Diet
Practices related personal habit	***	--	--	****	--	****	--
Has screened self in past year	****			****	--	--	--
Personal history of related disease						--	--
Changing related habits	*	--	*	--	--	--	
Ethnicity	****						***
Primary Care/Ob/Gyn	****	****	****	****	****	****	****
Region of country	--						*
Practice site	****					*	
More work control							
More career satisfaction							
Performs more CME						**	

* $p \leq 0.05$ ** $p \leq 0.01$ *** $p \leq 0.001$ **** $p \leq 0.0001$

Models for Significant Correlates of Physicians' Counseling at Least 1x/Year About Prevention, By Prevention Type *(Continued)*

	Weight	Exercise	Smoking Cessation	Alcohol	Breast Exam	Mammo- gram	Hormone therapy
Practices related personal habit	--	*	**	****	**	--	***
Has screened self in past year	--	--	--	--	--	**	
Personal history of related disease		--	--	--			
Changing related habits		**	*	--	--	--	
Ethnicity	***			*			
Primary Care/Ob/Gyn	****	****	****	****	****	****	****
Region of country				*			*
Practice site							*
More work control							**
More career satisfaction							
Performs more CME	**	*		**			

* $p \leq 0.05$ ** $p \leq 0.01$ *** $p \leq 0.001$ **** $p \leq 0.0001$

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Original Articles

The association between physicians' and patients' preventive health practices

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Abstract

Background: Although much has been written about the potential power of the association between physicians' personal health practices and those of their patients, objective studies of this relationship are lacking. We investigated this association using objectively measured health care indicators.

Methods: We assessed 8 indicators of quality of health care (screening and vaccination practices) for primary care physicians ($n = 1488$) and their adult patients ($n = 1\ 886\ 791$) in Israel's largest health maintenance organization; the physicians were also patients in this health care system.

This Article

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A new, objective view: Clalit study methods

- Israel's largest health maintenance organization
- 8 preventive quality health indicators (screening and immunization practices)
- Primary Care Physicians (n=1,488) who were also system patients, and their entire adult patient panel (n=1,886,791)

Results: BRC + CRC, by physician habit

Screening practice	% of pts in panel whose doctors screen (screening+/screening eligible)	% of pts in panel whose doctors don't screen (screening-/screening eligible)
Mammography	74.5	70.5
Flu Vaccine	49.1	43.2

Percentage of patients (n=1,886,791) receiving a preventive intervention

depending on if their physicians (n=1,488) received the same preventive intervention

	MD eligible and Mammogrammed (n=231, 67.0%)	MD eligible and NOT Mammogrammed (n=114, 33.0%)	p value	MD eligible and Colorectal cancer screened (n=502, 60.9%)	MD eligible and NOT colorectal cancer screened (n=322, 39.1%)	p value	MD eligible and LDL measured (n=602, 88.7%)	MD eligible and LDL NOT measured (n=77, 11.3%)	p value	MD eligible and BP measured every 5 years, MD age 20-40 (n=118, 60.5%)	MD eligible and BP NOT measured every 5 years, MD age 20-40 (n=51, 39.5%)	p value	MD eligible and BP measured q 2 years, MD age 41-54 (n=371, 73.2%)	MD eligible and BP NOT measured q 2 years, MD age 41-54 (n=136, 26.8%)	p value	MD eligible and BP measured yearly, MD age >=55 (n=194, 66.2%)	MD eligible and BP measured yearly, MD age >=55 (n=99, 33.8%)	p value	MD eligible and Pneumovax given (n=101, 44.5%)	MD eligible and Pneumovax given (n=126, 55.5%)	p value	MD eligible for and given Flu shot (n=735, 51.2%)	MD eligible for and given flu shot (n=701, 48.8%)	p value
% of eligible patients (total n=1,886,791) receiving:																								
Mammogram	69.5%	66.7%	0.0021	68.4%	66.1%	0.0002	67.8%	64.9%	0.01	66.2%	67.5%	0.45	67.1%	68.6%	0.074	67.1%	67.1%	0.99	66.5%	66.5%	0.98	67.2%	67.1%	0.761
Colorectal cancer screening	49.2%	45.4%	0.0001	50.0%	45.6%	<0.0001	48.1%	47.4%	0.56	47.1%	48.8%	0.25	47.7%	48.9%	0.19	47.3%	46.3%	0.42	48.8%	47.1%	0.17	48.2%	46.1%	0.0002
LDL measurement	83.3%	82.2%	0.11	83.2%	81.3%	0.0002	83.1%	81.2%	0.020	82.2%	83.5%	0.21	82.9%	82.8%	0.84	82.1%	82.0%	0.84	81.6%	80.7%	0.354	82.8%	81.9%	0.014
BP measurement (every 5 years, age 20-40)	84.3%	82.9%	0.18	82.8%	82.3%	0.46	82.7%	83.4%	0.55	83.7%	80.9%	0.044	83.5%	82.7%	0.43	83.5%	78.5%	0.003	83.7%	81.4%	0.156	82.9%	82.8%	0.908
BP measurement (every 2 years, age 41-54)	81.5%	79.7%	0.11	81.7%	81.2%	0.48	81.4%	81.6%	0.85	82.2%	79.6%	0.11	82.6%	80.7%	0.042	81.9%	76.8%	0.0002	84.3%	80.3%	0.01	82.0%	81.0%	0.067
BP measurement (annually, age >=55)	77.8%	76.5%	0.21	78.4%	77.0%	0.062	77.3%	77.0%	0.77	78.3%	73.2%	0.004	78.4%	76.5%	0.032	78.3%	73.8%	0.0003	80.4%	76.4%	0.005	78.0%	77.0%	0.042
Pneumococcal vaccination	57.3%	52.9%	0.0019	59.8%	58.1%	0.082	59.0%	59.3%	0.84	59.6%	58.0%	0.42	59.0%	58.8%	0.85	59.6%	57.7%	0.21	62.1%	56.6%	0.004	60.9%	56.8%	<0.0001
Annual influenza vaccination (for all adults)	44.5%	40.6%	0.0029	47.6%	45.0%	0.007	46.3%	47.0%	0.86	45.4%	46.1%	0.75	46.4%	47.0%	0.66	44.6%	45.7%	0.49	49.0%	45.1%	0.028	49.1%	43.2%	<0.0001

BRC screening by physician sex and practice

Screening practice	% of female pts in panel whose drs are male (screening-/screening ineligible)	% of female pts in panel whose female drs don't mammo (screening-/screening eligible)	% of female pts in panel whose female drs do mammo (screening+/screening eligible)
Mammo	70.5 (6830/9585)	70.5)2153/3052)	74.5)6114/8202)

Results – CRC screening by BRC practice of physician

Screening practice	% of pts in panel whose female doctors BRC screen (screening+/ screening eligible)	% of pts in panel whose female doctors <u>don't</u> screen for BRC (screening-/ screening eligible)
CRC	(7802/17061) 46.1	(2429/6071) 40.1
		15% relative difference



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Course Menu

Lifestyle Medicine

Course Home Page

This introductory course in Lifestyle Medicine is intended for primary-care physicians and other mid- to senior-level healthcare professionals, both in training and in practice. The course provides a foundation of theoretical and practical knowledge and skills, as well as an opportunity to plan strategies and practice techniques for assisting patients with positive health behavior changes (while partnering with locally and globally available peers and mentors). All components of this training—like all NextGenU.org trainings—are free, including registration, learning, testing, and a certificate of completion.

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.

At the end of each lesson, there is a practice quiz. At the end of the course, you will take a final exam; a chance to assess the training will also be provided. In order to receive a certificate of completion, you will need to identify a patient to accompany and support in lifestyle health behavior change. Throughout the modules, you will meet with this patient and practice the use of key materials and behavioral methods. By the end of the course, you will submit an assignment to your mentor that summarizes your practical clinical project.

The results of your assessments will be provided to you, and we can report your testing information and share your work with anyone you request (school, employer, etc.). The assessment you provide at the course's conclusion will help us improve the training for future students. We hope you find this Lifestyle Medicine course a wonderful learning experience!

Please start by taking the Pre-Test



Resources

Course Activities and Resources

Required Activities

- Peer Activities
- Quizzes
- Resources
- Syllabus

Console Chat

last 5 minutes: None

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- Final Exam:
- Course Evaluation
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Course completion status 

You are currently not being tracked by completion in this course

and support in lifestyle health behavior change. Throughout the modules, you will meet with this patient and practice the use of key materials and behavioral methods. By the end of the course, you will submit an assignment to your mentor that summarizes your practical clinical project.

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Please start by taking the [Pre-Test](#).

Select the "**Next**" button to begin Module 1: Introduction to Lifestyle Medicine

The Lifestyle Medicine course was developed in partnership with the Brookfield (Nigeria) Centre for Lifestyle Medicine, the Institute of Lifestyle Medicine at Harvard, the Israeli Society of Family Medicine, Lifestyle Medicine section, the Lifestyle Medical Education Collaborative, and the USC School of Medicine Greenville. Like all NextGenU courses, the course is competency-based; this course utilizes competencies from the *Lifestyle Medicine Program Curriculum Outline of the American College of Lifestyle Medicine* and the Israeli Society of Lifestyle Medicine. In addition, the Lifestyle Medicine course uses resources from accredited world-class organizations that include the American College of Lifestyle Medicine, the American College of Preventive Medicine, the American College of Sports Medicine, the U.S. Centers for Disease Control and Prevention, the U.S. National Institutes of Health, and the World Health Organization. The course developer is Lilach Malatskey, MD, MHA, Chairman of the Israeli Society of Lifestyle Medicine of the Family Physicians Association, who received substantial input from the Executive Members of the Israeli Society of Lifestyle Medicine. Significant feedback was also received from our Advisory Group members, Ioannis Arkadianos, MD; Erica Frank, MD, MPH; Ioan Hanes, MD; Jenny Lee, MD, PhD, MPH; Dr. Ifeoma Monye, MBBS, DCH, DFFP, DRCOG, FRCGP; Edward M. Phillips, MD; Verena Rossa-Roccor, MD; Mary Rudolf, MB, BS, BSc, FRCPC, FAAP; Jennifer Trilk, PhD; and Stefania Ubaldi, MD, PhD.

Approximate time required for the required readings for the course is **40** hours at an average rate of 144 words/minute; in addition, there are required activities.

1. News forum 
2. LM Course Files 
3. Pre-Test 
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