

NAME OF THE COURSE		Summer School in Evidence based lifestyle medicine				
Course leader(s)	Assoc. Prof. Ivana Kolčić, MD, PhD	Credits (ECTS)				
Associate teachers	Tanja Dragun, MD; Assoc. Prof. Lilach Malatskey Seligmann, MD, PhD; Assist. Prof. Marion Tomičić, MD, PhD; Assoc. Prof. Ivana Mudnić, MD, PhD; Assist. Prof. Josipa Radić, MD, PhD; Dora Bučan Nenadić, nutritionist	Type of instruction (number of hours)	L	S	E	T
			10	10	5	
Status of the course		Percentage of application of e-learning				
COURSE DESCRIPTION						
Course enrolment requirements and entry competences required for the course	None					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<ol style="list-style-type: none"> 1. To understand the principles of lifestyle medicine and reasons behind the need for application of lifestyle medicine practices in daily clinical work 2. To understand the evidence-based principles of healthy eating 3. To critically appraise various 'fad diets' and scientific evidence on nutrition 4. To understand the evidence-based benefits of physical activity, adequate sleep and coping with stress, and avoidance of addictive substances and practices 5. To recognize and apply methods of motivational interviewing in behavior change initiation and maintenance 6. To apply acquired knowledge in everyday life and medical practice 					

<p>Course content broken down in detail by weekly class schedule (syllabus)</p>	<p>Topics to be covered:</p> <p>Can we all reach a (healthy) hundred? Introduction to lifestyle medicine (1L, 1S) Lifestyle medicine: the who, the how, and the why (1L) Fundamentals of health behavior change (1L) Motivational interviewing and other lifestyle medicine tools (1L, 1S) Nutrition for life. Prescribing Mediterranean diet as an example of a healthy dietary pattern and lifestyle (1L, 1S, 2P) To sleep (enough) or not to sleep? Prescribing a good night's sleep in health promotion and disease prevention (1L, 1S) The role of physical activity in health and disease. How to get and stay moving? Prescribing appropriate physical activity in health promotion and disease prevention (1L, 1S, 2P) The role of stress in health and disease. How and where to find a vent? Prescribing coping with stress in health promotion and disease prevention (1L, 1P) Substance use and abuse: how to stop smoking? (1L, 1S) The lifestyle vs pharmacological treatment (1L)</p> <p>Group seminars/workshop (2S):</p> <ol style="list-style-type: none"> 1. Creating a healthy and sustainable dietary plan 2. Stress – why should we try to keep it under control? How? 3. How to get enough (and which kind of) physical activity? 					
<p>Format of instruction</p>	<input type="checkbox"/> x lectures <input type="checkbox"/> x seminars and workshops <input type="checkbox"/> x exercises <input type="checkbox"/> <i>on line</i> in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work		<input type="checkbox"/> x independent assignments <input type="checkbox"/> x multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)			
<p>Student responsibilities</p>	<p>In accordance to Rules of studying and Deontological code for USSM students.</p>					
<p>Screening student work (<i>name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course</i>)</p>	<p>Class attendance</p>	<p>0,5</p>	<p>Research</p>		<p>Practical training</p>	
	<p>Experimental work</p>		<p>Report</p>		<p>(Other)</p>	
	<p>Essay</p>		<p>Seminar essay</p>	<p>0,5</p>	<p>(Other)</p>	
	<p>Tests</p>		<p>Oral exam</p>		<p>(Other)</p>	
	<p>Written exam</p>		<p>Project</p>	<p>1</p>	<p>(Other)</p>	
<p>Grading and evaluating student</p>	<p>Preparation and presentation of seminar and a project (creation of a healthy menu and exercise plan)</p>					

work in class and at the final exam			
Required literature (available in the library and via other media)	Title	Number of copies in the library	Availability via other media
	New textbook developed: Kolcic I, Dragun T (eds). Lifestyle medicine: the Roadmap to Our Best Possible Health. Split: Redak; 2019.	200	
	Rippe JM (Ed). Lifestyle medicine. Third ed. Boca Raton: CRC Press/Taylor & Francis, 2019.		
	Egger G, Binns A, Rössner S, Sagner M. Lifestyle medicine: Lifestyle, the Environment and Preventive Medicine in Health and Disease. London: Academic Press, 2017.		
	Mechanick JI, Kushner RK (Eds). Lifestyle medicine: a manual for clinical practice. Cham: Springer, 2016.		
	Frates B, Bonnet J. The Lifestyle Medicine Handbook: An Introduction to the Power of Healthy Habits. 2018.		
	Rippe JM (Ed). Nutrition in lifestyle medicine. Cham, Switzerland: Humana Press, 2017.		
	Miller WR, Rollnick S, Corporation E, Conforti K. Motivational Interviewing, Second Edition: Preparing People for Change: Guilford Publications; 2002.		
	NextGenU.org: Lifestyle Medicine course (http://nextgenu.org/course/view.php?id=205#0)		
Optional literature	<ol style="list-style-type: none"> 1. Thomas L. Lenz. Lifestyle medicine for chronic diseases: an introduction to the evidence-based approach of managing chronic diseases with lifestyle therapeutics. Second ed. Morrisville, North Carolina: Lulu Press, 2019. 2. William R. Miller, Stephen Rollnick. Motivational interviewing: helping people change. 3rd ed. New York: Guilford Press, 2013. 3. Stephen Rollnick, William R. Miller, Christopher C. Butler. Motivational interviewing in health care: helping patients change behavior. New York: Guilford Press, 2008. 4. Dawn Clifford, Laura Curtis. Motivational interviewing in nutrition and fitness. New York: The Guilford Press, 2016. 		

	<ol style="list-style-type: none"> 5. Michael Arloski. Wellness coaching for lasting lifestyle change. 2nd ed. Duluth, Minnesota: Whole Person Associates, Inc., 2014. 6. James O. Prochaska, John C. Norcross, Carlo C. DiClemente. Changing for good. New York: W. Morrow, 1994. 7. James O. Prochaska, Janice M. Prochaska. Changing to thrive: using the stages of change to overcome the top threats to your health and happiness. Center City, Minnesota: Hazelden Publishing, 2016. 8. Miles Hassell, Mea Hassell. Good Food, Great Medicine: A Mediterranean Diet and Lifestyle. 2018. 9. Michael Pollan. Food Rules: An Eater's Manual. 2009. 10. Michael Pollan. In defense of food: an eater's manifesto. New York: Penguin Press, 2008. 11. Michael Pollan. The Omnivore's Dilemma: A Natural History of Four Meals. 12. Dean Ornish, M. D., and Anne Ornish. Undo it!: how simple lifestyle changes can reverse most chronic diseases. New York : Ballantine Books, 2019. 13. Michael Greger, Gene Stone. How not to die: discover the foods scientifically proven to prevent and reverse disease. New York: Flatiron Books, 2015. 14. Dan Buettner. The Blue Zones: 9 lessons for living longer from the people who've lived the longest. Second ed. Washington: National Geographic, 2012. 15. T. Colin Campbell, Thomas M. Campbell. The China study: the most comprehensive study of nutrition ever conducted and the startling implications for diet, weight loss and long-term health. Revised and expanded ed. Dallas, TX : BenBella Books, Inc., 2016. 16. Dean Sherzai, Ayesha Sherzai. The Alzheimer's solution : a breakthrough program to prevent and reverse the symptoms of cognitive decline at every age. New York: HarperOne, 2017. 17. Amit Sood. The Mayo Clinic guide to stress-free living. Cambridge, MA: Da Capo Press/Lifelong Books, 2013. 18. Amit Sood. The Mayo Clinic handbook for happiness: a 4-step plan for resilient living. Boston, MA: Da Capo Lifelong, 2015. 19. Peter Menzel, Faith D'Aluisio. Hungry Planet: What the World Eats, 2007.
Quality assurance methods that ensure the acquisition of exit competences	<ul style="list-style-type: none"> ▪ Teaching quality analysis by students and teachers ▪ Exam passing rate analysis ▪ Committee for control of teaching reports ▪ External evaluation
Other (as the proposer wishes to add)	