



# HARVARD MEDICAL SCHOOL

## DEPARTMENT OF CONTINUING EDUCATION

### LIFESTYLE MEDICINE: TOOLS FOR PROMOTING HEALTHY CHANGE

Friday, June 11, 2010

at the

Simches Auditorium at  
Massachusetts General Hospital  
185 Cambridge Street, 3rd Floor, Boston, MA

#### COURSE DIRECTORS

Edward M. Phillips, MD and Elizabeth Pegg Frates, MD

Offered by

Spaulding Rehabilitation Hospital



Department of Physical  
Medicine & Rehabilitation

The Institute of Lifestyle Medicine



Massachusetts General Hospital



Department of Physical  
Medicine & Rehabilitation

#### COURSE DESCRIPTION

Recognized experts in the fields of Lifestyle Medicine, behavior change, smoking cessation, shared medical visits, using wearable technology in your practice, and nutrition will be featured in this highly interactive and patient-centered activity. This one-day course in the Simches Auditorium at Massachusetts General Hospital will focus on providing the knowledge, skills, and tools for healthcare professionals to effectively and efficiently promote healthy lifestyle changes in their patients. Please see our website at [www.harvardlifestylemedicine.org](http://www.harvardlifestylemedicine.org)

#### Learning Objectives:

- Educate physicians and healthcare professionals in the essential elements of Lifestyle Medicine including nutrition, smoking cessation, and the process of behavior change in order to support coaching of their patients toward taking responsibility and making improved lifestyle choices.
- Provide state of the art tools and skills, including information on wearable technology, health monitoring devices and shared medical appointments, that can be readily applied to the clinical practice of Lifestyle Medicine.

#### Targeted Audience:

This course is designed for physicians and other healthcare professionals interested in learning about Lifestyle Medicine to support their collaboration with patients in making lifestyle changes that result in reduced disease risks. Target learners include primary care physicians, family practice physicians, physiatrists, endocrinologists, cardiologists, sports medicine physicians, nurses, physician assistants, and wellness professionals. Residents, fellows and students are welcome. Students must present valid student ID.

#### Attendance Limited

Program on Reverse Side

#### Special Offer:

This offer is valid for all paid registrants who complete the Lifestyle Medicine course. Registrants will be given access to the online CME course "Lifestyle Medicine: Prescribing Exercise" a free \$20 value after the live course. Please note: registrants need to provide their email address at point of registration. This course provides an additional 1 CME credit upon completion.

### LIFESTYLE MEDICINE Class #3024233

June 11, 2010

Physicians: \$245 (USD)  
Allied Health Professionals, Partners' Physicians, Residents and Fellows\*: \$175 (USD)  
Partners' Allied Health Professionals, Undergraduate and Graduate Students: \$135 (USD)

All Fields Required. Please print clearly.

Full Name \_\_\_\_\_ Degree \_\_\_\_\_  
First Middle Initial Last

Mailing Address \_\_\_\_\_  
Street City State Zip Code

Daytime Phone (\_\_\_\_) \_\_\_\_\_ Fax Number (\_\_\_\_) \_\_\_\_\_

Please note: Your email address is used for critical information about the course including; registration confirmation, course evaluation and certificate. Please be sure to include an email address you check daily or frequently.

E-Mail Address \_\_\_\_\_

Please check if you want to be **excluded** from receiving email notices of future Harvard Medical School-Department of Continuing Education programs.

Professional School Attended \_\_\_\_\_ Year of Graduation \_\_\_\_\_

Profession \_\_\_\_\_

Primary Specialty (Physicians Only) \_\_\_\_\_ Board Certified: Yes  No

Organization Affiliation \_\_\_\_\_

\* A letter of verification from Department Chair must accompany the registration form for a reduced fee for Residents and Fellows.

If paying by check, please make payable to Harvard Medical School and mail it with this registration form to:

**Harvard Medical School-Department of Continuing Education, P.O. Box 825, Boston, MA 02117-0825**

If paying by credit card, telephone or mail-in registrations are **not** accepted. Please register online at [www.cme.hms.harvard.edu/courses/lifestyle](http://www.cme.hms.harvard.edu/courses/lifestyle)

## ACCREDITATION

Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Harvard Medical School designates this educational activity for a maximum of 6 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## GENERAL INFORMATION

### REGISTRATION INFORMATION:

**Physicians - \$245 (USD). Allied Health Professionals, Partners' Physicians, Residents and Fellows** (with a letter of verification from Department Chair) - **\$175 (USD)** and **Partners' Allied Health Professionals, Undergraduate and Graduate Students - \$135 (USD)**. All foreign payments must be made by a draft on a United States Bank or by Visa or MasterCard. If paying by check, please make payable to *Harvard Medical School* and mail with completed registration form to: **Harvard Medical School-Department of Continuing Education, P.O. Box 825, Boston, MA 02117-0825**. If paying by credit card, please register online at [www.cme.hms.harvard.edu/courses/lifestyle](http://www.cme.hms.harvard.edu/courses/lifestyle). **Telephone, fax or mail-in registration with credit card payment is not accepted.** Inquiries should be directed to the above address, made by phone: (617) 384-8600, Monday - Friday, 10 AM to 4 PM (EST), or by e-mail: [hms-cme@hms.harvard.edu](mailto:hms-cme@hms.harvard.edu). Upon receipt of your registration form an email confirmation from the HMS-DCE office will be sent to you. Therefore, be sure to include an email address that you check daily/frequently. Your email address is used for critical information about the course including; registration confirmation, course evaluation and certificate.

Please Note: Program changes/substitutions may be made without notice.

### ONLINE INFORMATION:

**To register or view course information online, visit: [www.harvard.lifestylemedicine.org](http://www.harvard.lifestylemedicine.org). To ensure proper registration, please add the first three characters of the source code found at the bottom of the registration form.**

### REFUND POLICY:

A handling fee of \$60 (USD) is deducted for cancellation. Refund requests must be received by mail one week prior to the course. No refunds will be made thereafter.

### COURSE LOCATION:

All sessions will be held at the **Simches Auditorium at Massachusetts General Hospital, 185 Cambridge Street, 3rd. Fl., Boston, Massachusetts.**

### ACCOMMODATIONS:

We have a small sleeping room block at the Holiday Inn Boston at Beacon Hill, 5 Blossom St., Boston, MA (617-742-0461) [www.hisboston.com](http://www.hisboston.com). Room rate is \$159 +tax. Cut off is May 21, 2010. To receive this rate, the attendees should identify the group as Lifestyle Medicine – Tools for Promoting Healthy Change course.

### TRAVEL:

Please do not make non-refundable airline reservations until your enrollment in the course has been confirmed. You can make your airline reservation by calling the HMS Travel Desk toll free 1(877) 4-HARVMD (1-877-442-7863) Monday - Friday 9 AM - 8 PM (EST). From outside the U.S., Canada and Virgin Islands, please call (617) 559-3764.

## PROGRAM

### LIFESTYLE MEDICINE: TOOLS FOR PROMOTING HEALTHY CHANGE

**Friday, June 11, 2010**

7:00 - 8:00 am	Registration and Breakfast	
8:00 - 8:30	Lifestyle Medicine: The Big Picture .....	Edward M. Phillips, MD and Elizabeth Pegg Frates, MD
8:30 - 9:30	Connected Health: Evolving Roles for Patients and Providers .....	Joseph C. Kvedar, MD
9:30 - 10:30	Helping Patients at each Stage of Change .....	James O. Prochaska, PhD
10:30 - 10:45	Break	
10:45 - 12:15	Shared Medical Appointments: A Delivery Model of Lifestyle Medicine .....	Edward B. Noffsinger, PhD
12:15 - 1:30	Lunch (provided)	
	Optional Round Table Discussions with Drs. Phillips, Frates, Noffsinger, Kvedar or Katz. Sign up when you register. First come, first served.	
1:30 - 2:30	The Fight Against Tobacco: Inside the Quitting Room .....	Nancy A. Rigotti, MD
2:30 - 2:45	Move Your Body/Focus Your Brain: In-Room Exercise .....	Stephan Esser, MD
2:45 - 3:45	Feet, Forks, & Fingers: The Master Levers of Medical Destiny .....	David L. Katz, MD, MPH
3:45 - 4:00	Final Thoughts .....	Elizabeth Pegg Frates, MD and Edward M. Phillips, MD
4:00 pm	Adjourn	

## Faculty

**Elizabeth Pegg Frates, MD** is a Clinical Instructor in the Department of Physical Medicine and Rehabilitation at Harvard Medical School and Assistant Director of Medical Education of the Institute of Lifestyle Medicine. Her focus is on the academic side of medicine, teaching the Human Central Nervous System, Musculoskeletal System, and Introduction to the Professions at Harvard Medical School. She is also a writer, stroke educator, certified wellness coach and researcher.

**David L. Katz MD, MPH** is an internationally renowned authority on nutrition, weight management, and the prevention of chronic disease, and an internationally recognized leader in integrative medicine and patient-centered care. Katz is the Director and founder (1998) of Yale University's Prevention Research Center; Director and founder of the Integrative Medicine Center at Griffin Hospital (2000) in Derby, CT; and founder and president of the non-profit Turn the Tide Foundation.

**Joseph C. Kvedar, MD** is the Founder and Director of the Center for Connected Health, applying communications technology and online resources to increase access and improve the delivery of quality medical services and patient care outside of the traditional medical setting. The term "connected health" reflects the range of opportunities for technology-enabled care programs and the potential for new strategies in healthcare delivery.

**Edward B. Noffsinger, PhD** is considered a pioneer in the area of group medical visits and is the originator of the Drop-in Group Medical Appointment (DIGMA) and the Physicals Shared Medical Appointment (PSMA) models. He is a nationally and internationally recognized expert in the area of group visits—and an advisor to medical groups and health care organizations around the country and worldwide.

**Edward M. Phillips, MD** is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School. He is Director of Outpatient Medical Services of the Spaulding Rehabilitation Hospital Network in Boston, Massachusetts. Dr. Phillips's clinical and academic work at the intersection of exercise physiology and mental health spawned his interest in Lifestyle Medicine. He is founder and director of The Institute of Lifestyle Medicine ([www.instituteoflifestylemedicine.org](http://www.instituteoflifestylemedicine.org)).

**James O. Prochaska, PhD** is Director of Cancer Prevention Research Center and Professor of Clinical and Health Psychology at the University of Rhode Island. He is the author of over 300 publications, including three books, *Changing for Good*, *Systems of Psychotherapy* and *The Transtheoretical Approach*. He is internationally recognized for his work as a developer of the stage model of behavior change.

**Nancy A. Rigotti, MD** is Professor of Medicine at Harvard Medical School and a practicing internist and an international expert in smoking cessation and tobacco control policy research, with 25 years of experience in these fields. She is a past President of the Society for Nicotine and Tobacco Research, President of the Society of General Internal Medicine, a deputy editor of the journal *Nicotine and Tobacco Research*, and has been an author and scientific editor for the US Surgeon General's reports on smoking.