



2024

LIFESTYLE MEDICINE SUMMER INSTITUTE

Foundations of Lifestyle Medicine: An Integrated Approach to Behaviour Change in Nutrition, Exercise, and Alcohol Consumption

WORKSHOP SCHEDULE

https://chbc.ok.ubc.ca/behaviour-change-summer-institute/

Workshop learning objectives:

- 1. Attendees will be able to apply current knowledge on health behaviour change in a manner that patients are receptive to.
- 2. Attendees will be able to confidently engage in conversations with patients specific to diet, exercise, and alcohol consumption behaviours.

THURSDAY JUNE 13 2024

Time	Activity	Speaker
8:15am-8:30am	Check-in	
8:30am-9:00am	Welcoming with Okanagan Song performance and land acknowledgement	Amber Cardenas (Okanagan First Nation Band) Sarah McCorquodale, MD, CCFP, FCFP (Regional Associate Dean, Interior; Southern Medical Program, UBC) Marie Tarrant, RN, PhD (Dean, Faculty of Health and Social Development, UBC)
9:00am-10:30am	Inclusivity, Cultural Safety, and Therapeutic Alliance in Practice Learning objectives: 1. Understanding how our life journey alters our perspectives of others and affects how we treat them. 2. Becoming aware of the roots of our own feelings when we react to situations. 3. Provide examples and time to practice different approaches to collaborative communication.	Maï Yasué, PhD (Associate Director of UBCO's Department of Medicine Office of Respectful Environments, Equity, Diversity & Inclusion)
10:30am-10:45am	Active break. Refreshments.	

Time	Activity	Speaker
10:45am-12:15pm	<p>Exercise Support Groups: How and Why They Work</p> <p>Learning objectives:</p> <ol style="list-style-type: none"> 1. Identify key components of effective exercise support groups. 2. Identify how components support exercise behaviour change. 3. Recognize how to apply these components in practice. 	<p>Kathleen Martin Ginis (Professor, Department of Medicine and School of Health and Exercise Sciences)</p> <p>Jacob Wright (Co-Founder and Head Trainer, Canadian Women Physicians)</p>
12:15pm-1:00pm	Lunch	
1:00pm-2:30pm	<p>Low-Risk Alcohol Consumption Guidelines</p> <p>Learning outcomes:</p> <ol style="list-style-type: none"> 1. Identify the risks associated with low-to-high alcohol consumption; 2. Describe how the current evidence on alcohol and health, can be translated to practice-based messages. 3. Practice conversations on alcohol consumption to be used in your practice. 	<p>Nancy Poole, PhD (Director of the Centre of Excellence for Women's Health)</p>
2:30pm-2:45pm	Active break	
2:45pm-3:15pm	<p>Brief Action Planning</p> <p>Learning objectives:</p> <ol style="list-style-type: none"> 1. Evaluate how to use Brief Action Planning to support patient's health behaviour goals 2. Practice and gain confidence applying brief Action Planning in mock patient-healthcare provider scenarios. 	<p>Sebastien Payan, RN, MSc (The Centre for Collaboration, Motivation & Innovation)</p>
3:15pm-3:30pm	Active break	
3:30pm-4:30pm	<p>A bite-sized overview of appetite and eating behaviour in health and chronic disease</p> <p>Learning outcomes:</p> <ol style="list-style-type: none"> 1. Define methods for assessing appetite and eating behaviour traits that be used in clinical and research settings. 2. Describe how factors such as energy metabolism, exercise, or sex hormones may impact appetite in healthy populations and those with chronic diseases. 3. Identify specific appetite sensations and eating behaviour traits that are particularly important for predicting weight change. 	<p>Sarah Purcell, PhD (Assistant Professor of Nutrition, UBC Southern Medical Program)</p>

FRIDAY JUNE 14 2024

Time	Activity	Speaker
8:15am-8:30am	Welcome back. Tea and coffee provided.	
8:30am-10:00am	<p>Health Behaviour Change 101 Learning Outcomes:</p> <ul style="list-style-type: none"> • Identify factors that drive and hinder patients' and physicians' behaviour change. • Apply evidence-based behaviour change strategies to support patients to change their health behaviours. 	Heather Gainforth, PhD (Principal Investigator of the Applied Behaviour Change lab) & Sarah McCorquodale, MD, CCFP, FCFP (Regional Associate Dean, Interior; Southern Medical Program, UBC)
10:00am-10:15am	Active break	
10:15am-11:45am	<p>Sustain Talk Learning objectives:</p> <ul style="list-style-type: none"> • Recognize the difference between change talk and sustain talk. • Identify strategies for responding to patient's sustain talk. • Practice and gain confidence applying strategies for responding to sustain talk in mock patient-healthcare provider scenarios. 	Sebastien Payan, RN, MSc (The Centre for Collaboration, Motivation & Innovation)
11:45am-12:00pm	Wrap up and closing remarks.	