Lifestyle Prescriptions: A Practical Review

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Cabarrus Family Medicine – Kannapolis, NC
AMA PRA Category 1 Credit™ – 9.75 hours

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The following presenters have relevant financial disclosures to make: Mike Cowan, MD – Royalties: Southern Spine LLC
We will review...

• What is a lifestyle prescription

• A cartoon about the stages of change

• Three patient cases with practical tips

• Practical advice from your peers
# Lifestyle Medicine Prescription

Andrew W. Nance, MD, DipABLM  
Atrium Health

<table>
<thead>
<tr>
<th>MRN:</th>
<th>Date:</th>
<th>Healthy Eating</th>
<th>Stress</th>
<th>Sleep</th>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Weight</td>
<td>Substance</td>
<td></td>
<td>Purpose</td>
</tr>
</tbody>
</table>
## Lifestyle Medicine Prescription

**Date:** 4/27/21

**MRN:** 28666374-5

<table>
<thead>
<tr>
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1. Once daily, walk 2 laps briskly around cul-de-sac
2. Cut down to 1 soda a day
3. Once daily, eat one meal entirely of vegetables
4. Follow-up on Comm. Free Clinic application
### Principles of Motivational Interviewing

<table>
<thead>
<tr>
<th>Principle</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Express Empathy</td>
<td>listen rather than talk; communicate respect for and acceptance of client</td>
</tr>
<tr>
<td>Avoid Argumentation</td>
<td>avoid confronting denial; encourage the client to make progress toward change</td>
</tr>
<tr>
<td>Roll With Resistance</td>
<td>divert or direct the client toward positive change; listen more carefully</td>
</tr>
<tr>
<td>Develop Discrepancy</td>
<td>promote the client’s awareness of consequences of continued use; clarify how present behavior is in conflict with important goals</td>
</tr>
<tr>
<td>Support Self-Efficacy</td>
<td>elicit and support hope; encourage the client’s capacity to reach their goals</td>
</tr>
</tbody>
</table>
Stages of Change

Precontemplation

Contemplation

Preparation

Action

Maintenance

People move in and out of stages, sometimes repeatedly.
Stages of Change

- Precontemplation: “Ignorance is bliss”
- Contemplation: “Sitting on the fence”
- Preparation: “Testing the waters”
- Action: “Practice makes better”
- Maintenance: “In the zone”
Pre-contemplation
“Ignorance is bliss”

Patient
- Reluctant
- Rebellious
- Resigned
- Rationalizing

Provider
- Listen intently
- Educate about risks
- Follow-up

Have you ever thought about what would happen if you cut back on your smoking?

Hmm, I've never thought about it.
Contemplation
“Sitting on the fence”

Patient

Ambivalence

“I’m torn… If I keep smoking, I may get COPD, but if I stop, I’ll miss my friends during smoke breaks”

Provider

Reflective listening

“Help me understand what you mean when you say "feel stuck"?

I’ve considered cutting back on my smoking, but right now, I feel stuck.

Explore the good and the bad

“This sounds like a tough spot for you. What other good things could come from stopping?”
Preparation
“Testing the waters”

Patient

Commit to change

“So, if the Wellbutrin doesn’t work, we can try Chantix?”

Provider

Problem solve barriers

Teach new skills

Lifestyle Prescription
- Specific
- Measurable
- Achievable
- Realistic
- Timed

I'm going to try it out!

One step at a time.
Action
“Practice makes better”

Patient
Resolute thinking
Resiliency
“I’ve finally figured out something that works for me!”

Provider
Mentor and coach
Build self-efficacy

Look at him go! So proud!
I feel great!
Relapse
“Fell of the wagon”

Patient
Shame

Vulnerability

“Don’t be mad, but my sugar is 300 this morning”

Provider
Reorient to motivating factors

Avoid all or nothing thinking

Be consistent

Doc, I am embarrassed to say it, but I fell off the wagon...

It happens. We'll get through this. What do you think about regrouping?
Lifestyle Prescription #1

Two handfuls of fruit once daily
“The 2015-2020 Dietary Guidelines for Americans recommends that adults consume 1.5-2 cups of fruit and 2-3 cups of vegetables per day. Only 1 in 10 US adults eat the recommended amount of fruits or vegetables.”
A fist or cupped hand = 1 cup
1 tennis ball = \( \frac{1}{2} \) cup of fruit and vegetables

Healthy diets include a variety of colorful fruits and vegetables every day.
**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>(140g)</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>20g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>11%</td>
</tr>
<tr>
<td>Soluble Fiber</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Insoluble Fiber</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Total Sugars</td>
<td>14g</td>
<td></td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

A Serving: 80 Calories
### Top 10 Foods Highest in Fiber

<table>
<thead>
<tr>
<th>Rank</th>
<th>Food</th>
<th>Daily Value (%)</th>
<th>Per Serving</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Navy (Haricot) Beans</td>
<td>68% DV (19g)</td>
<td>255 calories</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Avocados</td>
<td>48% DV (13g)</td>
<td>322 calories</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Chia Seeds</td>
<td>35% DV (10g)</td>
<td>138 calories</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Acorn Squash</td>
<td>32% DV (9g)</td>
<td>115 calories</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Green Peas</td>
<td>31% DV (9g)</td>
<td>134 calories</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Collard Greens</td>
<td>27% DV (8g)</td>
<td>63 calories</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Broccoli</td>
<td>18% DV (5g)</td>
<td>55 calories</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Whole Wheat Pasta</td>
<td>16% DV (5g)</td>
<td>174 calories</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Oranges</td>
<td>15% DV (4g)</td>
<td>85 calories</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Sweet Potatoes</td>
<td>14% DV (4g)</td>
<td>114 calories</td>
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Lifestyle Prescription #2

Walk to mailbox twice daily

Walking to the mailbox is 5 minutes
Round trip to mailbox is 10 minutes
Two trips to mailbox is 20 minutes
Two trips six times per week is 120 minutes
How much activity do I need?

**Moderate-intensity aerobic activity**
Anything that gets your heart beating faster counts.

- at least 150 minutes a week

**Muscle-strengthening activity**
Do activities that make your muscles work harder than usual.

- at least 2 days a week

Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.
Lifestyle Prescription #2

Walk to mailbox twice daily

Increase intensity carefully!

Insomnia – Walk day after the episode

Anxiety – Use scheduled and prn
Lifestyle Prescription #3

Take one picture of a Great Blue Heron in the next month
“Some people drink, smoke, yell or overeat when they’re stressed? How do you typically get rid of stress?”

“No one ever taught us how to handle stress. If you’d like, we could talk about different ways to handle stress”.

“What is it you feel when you’re stressed?”

“Have you ever heard about coping skills? What would you say are healthy coping skills?”

“Has stress led to problems for you before?”
Evidence-Based Stress Management

Tools to get you through the crisis

Stress Management

In small doses, stress can help you stay energized and focused. But when it’s chronic or overwhelming, it can damage your health, productivity, and well-being. Learn the warning signs and what you can do to protect yourself.

- Stress Symptoms, Signs, and Causes
  The harmful effects of stress and what you can do about it

- Stress Management
  Using self-help techniques for dealing with stress

- Adjusting to Retirement
  How to cope with the stress and challenges

https://www.helpguide.org/
Clay Parker
Counselor, LPC, LCAS, NCC, MS  
Specialized areas include Substance abuse, sexual addiction, gambling, addiction, anxiety, depression, relationship concerns, stress related issues, divorce, children and divorce, grief, stress management.

My name is Clay Parker. I am a Licensed Professional Counselor, Licensed Clinical Addiction Specialist Associate, National Certified Counselor with a long history of working in the mental health field in various capacities. I have experience with adults, children, couple and family therapy, trauma, anxiety, depression, addiction, and stress management.

(704) 385-4441

Kannapolis, NC 28081
Offers online therapy
# Lifestyle Prescription #4

1) Write one lifestyle prescription to one patient in the next week

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Do you have an example of a time you and a patient made a lifestyle goal together? How did it go?
Thank you for your time!

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