

## Title

Lifestyle Treatment Approaches in Pharmacy Practice Series

## Course Description:

This series includes six modules, each covering a pillar of Lifestyle Medicine and its implementation into pharmacy practice.

## Date

09/01/2024

## Learning Objectives:

*Upon successful completion of this knowledge-based course pharmacists and pharmacy technicians should be able to:*

1. Identify components of a whole food, plant based (WFPB) diet.
2. Select optimal plant-based protein sources.
3. Recognize benefits of WFPB eating for chronic disease management.
4. Discuss WFPB strategies in pharmacy practice.
5. Define current physical activity guidelines.
6. Select an appropriate beginner exercise regimen.
7. Recognize benefits of regular physical activity for chronic disease prevention.
8. Discuss movement strategies in pharmacy practice.
9. Describe stress response.
10. Summarize effective stress coping methods.
11. Recognize the benefits of stress management on chronic diseases.
12. Discuss stress management strategies in pharmacy practice.
13. Identify risky substances.
14. Define addiction.
15. Recognize the effect of substance use on chronic disease risk.
16. Discuss cessation strategies in pharmacy practice.
17. Describe the importance of sleep.
18. Identify recommended nightly sleep duration.
19. Recognize benefits of restorative sleep for chronic disease management.
20. Discuss sleep strategies in pharmacy practice.
21. Define positive social connection.
22. Identify biological factors influencing social connection.
23. Recognize the impact of loneliness and social isolation on chronic diseases.
24. Discuss social connection strategies in pharmacy practice.

## Faculty:

Stefanie Meyer, PhD, CSCS, DipACLM

Owner

Sustainably Well, LLC

## Faculty Disclosures:

Dr. Meyer has no relevant financial relationships to disclose.

Off-label use of medications will not be discussed during this presentation.



### CPE Credit



CEimpact is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.

**UAN:** 0107-9999-24-248-H04-P 0107-9999-24-248-H04-T | 0.6 CEUs/ 6 Hrs

Release Date: September 01, 2024

Planned Expiration Date: September 01, 2027

*To obtain 6 contact hours of continuing pharmacy education credit (0.6 CEUs), participants must participate in the course, successfully pass the exam (if applicable), and complete an evaluation. The CPE Statement of Credit can then be accessed on CPE Monitor, [www.MyCPEMonitor.net](http://www.MyCPEMonitor.net).*

For information on system requirements for the CPE redemption process, please click [HERE](#).

### Course Format

On Demand, recorded webinar

### Target Audience

- Pharmacists
- Pharmacy Technicians

### Financial Support

\$3420 provided by ND DHHS

### Course Fee

There is no cost for this course; includes course, course materials, and CPE credit submission to CPE Monitor

---