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Nota di contenuto	Part I. Introduction -- Statement of Purpose -- The Burden of Chronic Disease and the Role of Lifestyle Medicine -- Translating Knowledge and Implementing a Successful Lifestyle Medicine Center -- Part II. Concepts -- Implementation Science Across Lifestyle Medicine Interventions -- Models for Caring for Patients with Complex Lifestyle, Medical, and Social Needs -- The Role of Physical Infrastructure on Health and Well-being -- Preventive Medicine and Problem Solving in Populations -- Clinical Service Line Strategies in Lifestyle Medicine -- Business Plans for a Lifestyle Medicine Center -- Immersive Physical Environment -- Immersive Non-Physical Environment -- Planning, Constructing, and Operating a Clinic Gym -- Wearable Technologies in Lifestyle Medicine -- Guidelines for Developing Patient Educational Materials -- Implementing Behavioral Medicine in a Lifestyle Medicine Practice -- The Role of the Registered Dietitian -- Nutritionist in a Lifestyle Medicine Program -- Inter-professional Care: Integration with Exercise Physiologists -- The Inpatient Lifestyle Medicine Consultation Service -- Transcultural Lifestyle Medicine -- Spirituality -- Community Engagement to Improve Health -- Conducting Epidemiological Research and Clinical Trials in a Lifestyle Medicine Program -- Part III. Case Studies -- Lifestyle Medicine Centers -- Rippe Lifestyle Institute -- Northwestern Medicine Center for Lifestyle Medicine Lifestyle

Medicine Center for Brain Aging and Neurodegenerative Diseases -- The Marie-Josée and Henry R. Kravis Center for Clinical Cardiovascular Health at Mount Sinai Heart -- Building a Prostate Cancer Lifestyle Medicine Program -- University of Arizona Center for Integrative Medicine -- Survey of International Centers that Incorporate Lifestyle Medicine -- Synthesis.

Sommario/riassunto

Building on the groundbreaking work *Lifestyle Medicine* (2016), this unique new book bridges the gap between theory and practice by providing detailed information on the real-world development and creation of a Lifestyle Medicine Center, whether independently or as part of an established medical program or department. Part one sets the stage by establishing the rationale for creating a Lifestyle Medicine Center as well as the medical and economic burden it seeks to alleviate. The construction of the physical facility and all of the myriad details of the program and its key players are covered in part two, from the structural to the aesthetic, including informatics, developing patient resources and education tools, current technologies and applications, the role of the dietitian and exercise physiologist, inpatient consultation, the importance of community engagement, and more. Part three is comprised of case studies of existing, successful Lifestyle Medicine Centers across the country, with detailed descriptions of their history, development, programs and challenges. Chapters are supported with plentiful figures, tables and useful links. The burden of chronic disease in the U.S. and globally is growing, with pervasive direct and indirect multi-scale adverse effects on health and well-being, economics, and quality of life. Notwithstanding the remarkable progress in biomedical technology, the role of lifestyle medicine in managing chronic disease in a preventive care model is paramount; however, the relevant and effective education in lifestyle medicine is lacking. Translating the theory into action steps, instantiated by case studies with critical interpretations and problem-solving tools, *Creating a Lifestyle Medicine Center* is the go-to resource for family and primary care physicians, internal medicine physicians, and all clinical specialties interested in planning and developing a lifestyle medicine program.
