



INSTITUTE FOR
INTERNATIONAL
MEDICINE

INMED Self-Care for the Health Professional Course Syllabus

Course Faculty:

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Learning Support:

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Overview:

This course gives the learners the tools and skills needed to live a healthy lifestyle. Health professionals are susceptible for neglecting their own care for the service of others. This leads to unhealthy habits, physical and emotional neglect, compassion fatigue, and ultimately will have a direct affect on the personal and professional life of the health professional. This course aims at promoting the well-being of health professionals through education and behavior change that promotes a healthy lifestyle.

Competency Objectives:

At the completion of the INMED Self-Care for the Health Professional Course learners will be able to:

- Complete a personal health status analysis.
- Analyze your personal health assessments.
- Develop a personal health plan that addresses nutrition, stress reduction, sleep hygiene, community and activity.
- Implement behavior change models into your personal health plan.

Timeframes:

This Course includes 8 weeks of structured learning, and assignments due each Sunday night. Each week includes a *required* virtual class with the faculty for discussions, simulations, case studies and final exams. This weekly *required* virtual class may last up to 60 minutes.

Academic Credit:

Completion of this course requirements earns two credit hours of academic credit.

Enrollment Qualifications:

This course is open to all healthcare professionals and healthcare profession students, as well as non-healthcare professionals.

Computing Requirements:

The following are the minimum computing requirements for participating this course. Students must have ready access to and be functionally proficient with:

- A personal computer with an up-to-date operating system and ample memory for downloads. A rectangular monitor (desktop or tablet) is preferable for course navigation.
- A web browser, preferably the most up-to-date version of Chrome, Internet Explorer, Firefox, or Safari
- Applications capable of opening and editing Microsoft Word documents and of viewing PDFs
- An Internet connection, preferably high speed
- Capability of viewing YouTube and Vimeo videos

Education Methods:

Learners will achieve the course competency objectives through the following educational methods:

- Assigned book and article readings
- Critical analysis
- Group discussions
- Data collection and assessment
- Applied skills simulation

Textbook Required:

Stick with It. A Scientifically Proven Process for Changing Your Life – For Good, by Sean D. Young, PhD (HarperCollins, 2017)

Available on Amazon.com

Supplemental Textbooks (optional reading for those interested):

The Science of Sleep. What it is, how it works, and why it matters, by Wallace B. Mendelson (University of Chicago Press, 2017)

Available on Amazon.com

Weekly Assignments:

Required weekly virtual class with course faculty for up to 60 minutes to discuss assigned lessons, chapters, articles, forum discussions and questions.

Self-Care for the Health Professional Week 1: Lifestyle Health Overview

- Healthy lifestyle isn't all about knowledge
- Your health and your career
- Are you healthy?

Assignments to be completed by 11:55 pm, on Sunday:

- Read:
 - Lifestyle Medicine: A Brief Review of Its Dramatic Impact on Health and Survival
 - The top 10 causes of death
 - Chronic Disease Prevalence and Healthy Lifestyle Behaviors Among U.S. Health Care Professionals
- Complete the Article Discussion Board assignments
- Complete and submit the Health Lifestyle Assessment:
<https://form.jotform.com/INMEDCME/healthy-lifestyle-survey>

Self-Care for the Health Professional Week 2: Lasting Health Change

- Forces behind lasting change.
- Change models: steps, goals and dreams.

Assignments to be completed by 11:55 pm, on Sunday:

- Read *Stick With It*, Chapters 1 and 2
- Complete the Book Discussion Board assignments
- Read the assigned article
- Complete the Article Discussion Board assignments

Self-Care for the Health Professional Week 3: Nutrition. Not a diet program

- What are you eating?
- Fads, trends and diets.

- Evidence-based nutrition for health.

Assignments to be completed by 11:55 pm, on Sunday:

- Read *Stick With It*, Chapter 3
- Complete Book Discussion Board assignments
- Read the assigned article
- Complete the Article Discussion Board assignments
- Complete and submit the Nutrition Diary
<https://form.jotform.com/INMEDCME/nutrition-diary>

Self-Care for the Health Professional Week 4: Fitness is the Goal

- Read Sedentary is killing us.
- Health and healing through movement.
- Act is in activity.

Assignments to be completed by 11:55 pm, on Sunday:

- Read *Stick With It*, Chapter 4
- Complete Book Discussion Board assignments
- Read the assigned article
- Complete the Article Discussion Board assignments
- Submit the Mid-Term Exam

Self-Care for the Health Professional Week 5: Sleep is Medicine

- Healthcare and sleep.
- Don't wake the sleeping killer.
- Falling a sleep and staying a sleep.

Assignments to be completed by 11:55 pm, on Sunday:

- Read *Stick With It*, Chapter 5
- Complete Book Discussion Board assignments
- Read the assigned article
- Complete the Article Discussion Board assignments
- Complete and submit the Sleep Assessment:
<https://form.jotform.com/INMEDCME/modified-pittsburgh-sleep-quality-i>

Self-Care for the Health Professional Week 6: Stress Management, Burnout and Fatigue

- The physiology of stressing.
- It's all connected.
- Create a self-care plan

Assignments to be completed by 11:55 pm, on Sunday:

- Read *Stick With It*, Chapter 6
- Complete the Book Discussion Board assignments
- Read the assigned article
- Complete the Article Discussion Board assignments
- <https://www.aafp.org/fpm/2000/0400/p39.html?printable=fpm>
- Submit your draft for *Lifestyle Health: Overcoming Challenges and Situational Stressors* to receive instructor feedback.

Self-Care for the Health Professional Week 7: A Health Community

- Friends with health benefits.
- Friendship, community and service.
- Our relational need.

Assignments to be completed by 11:55 pm, Sunday:

- Read *Stick With It*, Chapters 7 and 8
- Complete the Book Discussion Board assignments
- Read the assigned article
- Complete the Article Discussion Board assignments
- [https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860#:~:text=Friends%20also%20play%20a%20significant,body%20mass%20index%20\(BMI\).](https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860#:~:text=Friends%20also%20play%20a%20significant,body%20mass%20index%20(BMI).)
- Watch: <https://www.youtube.com/watch?v=RcGyVTAoXEU>
- Submit final essay on the subject Assessing Personal Health Lifestyle and Implementing Change

Assignments to be completed by 11:55 pm, Sunday:

- Read *Stick With It*, Chapter 9

Essay Composition

Learners will submit a written draft for their essay on the subject *A, B, Cs two-step process for change*. After receiving feedback from the instructor, learners will proceed to complete the essay conforming to the following specifications.

- Organized according to the outline submitted in advance
- Approximately 2500 words
- At least 10 references
- References may be in any recognized style (AMA, APA, etc.), and the same style should be used throughout
- Footnotes are preferred over endnotes

Final Exam:

The Self-Care for the Health Professional Final Exam will take place in an online setting. All course learners will login at the specified hour. Over a period of 90 minutes, learners will provide a 15 minute ppt presentation that includes results of all course personal health assessments, identify at least three (3) areas of needed change, and an A, B, C two-step process for each identified area of change. The exam will require application of all concepts addressed throughout this course. Scores on the will be tabulated based upon participation, leadership, and judgement. A minimum score of $\geq 80\%$ is required.

Explanation of Assignments:

Due Dates: All assignments are due on Sunday at 11:55 pm of the week they are assigned.

Participation: Learners are required to fully participate in the course content, including readings, discussions, and essay.

Punctuality: This is a professional level course. All assignments are expected to be submitted on time. Any learner who becomes more than two weeks behind in submitting any assignment is subject to dismissal from the course. If dismissal occurs, the learner will be granted one opportunity to re-enroll in an upcoming course at no additional tuition payment.

Professionalism Requirement: This is a learning experience for professionals. Assignments are expected to be completed with excellence.

Assigned Articles: Each week, a journal article is assigned for learners to critically review, including questions posed on the subjects of each article.

Discussion Board Participation: Learners are required to post at least one response to each of the questions posed, and respond to at least one fellow classmate's responses, stating with what they agree or disagree about the response and why. A post that simply agrees with something someone else

said without further explanation is not satisfactory and will be counted as if there were no post.

Requirements for Successful Completion & Course Grade Determination:

<i>Element</i>	<i>Weight</i>
Weekly classroom participation	20%
8 satisfactory book discussion board posts	10%
8 satisfactory article discussion board posts	10%
Self-Care for the Health Professional Mid-Term Exam	20%
Self-Care for the Health Professional Essay $\geq 80\%$	20%
Self-Care for the Health Professional Final Exam $\geq 80\%$	20%

In addition, course completion also requires:

- Participation in *all* weekly virtual classes
- Achievement of $\geq 80\%$ on the Self-Care for the Health Professional Essay and Self-Care for the Health Professional Final Exam
- Cumulative course score $\geq 80\%$
- Complete course evaluation and credit claims forms at the course conclusion.

Course grades will be assigned according to the INMED Course Grading System:

A	90–100 %	4.00
B	80–89 %	3.00
C	70–79 %	2.00
D	60–69 %	1.00
F	0–59 %	0.00

Learners whose evaluation is acceptable will receive academic credit. Those learners whose evaluation is not acceptable will receive a certificate of participation and the opportunity to remediate.

Remediation:

If a learner does not complete this course and achieve the required competencies, the faculty may require the learner to 1) remediate the component(s) that the learner did not satisfactorily complete, or 2) repeat the entire course within one year of the start date of the original course. The learner will be offered only one opportunity to repeat the course without requiring repeat payment of tuition.

Academic Integrity:

This is a professional-level learning experience. All learners are expected to be self-motivated, to perform with excellence, and to be thoroughly honest throughout their process of learning. If any INMED faculty determines that a learner has committed academic dishonesty by plagiarism, cheating or in any other manner, the faculty member has the right to 1) fail the learner for the particular assignment, project and/or exam, 2) fail the learner for the entire course, 3) discharge the learner from any future INMED learning experience, including degree, diploma, or certificate completion.

Withdrawal and Refund Policy:

Seventy-five percent refunds for course registration are available before the first day of the course. Fifty percent refunds are available through the first week of the course. No refunds are available after the first week. If a course participant desires to cancel his/her enrollment, he/she has the choice to request a refund or to apply his/her payment to a future INMED Professional Certificate Course. All payments made to INMED must be in US dollars.

INMED reserves the right to cancel individual sessions or the entire course. In the event of a course cancellation, a full tuition refund will be made.

Course Faculty:

Micah C Flint, MPA, RN, DINPH

Micah completed his MPA in healthcare leadership and disaster management at Park University. He holds a nursing degree and bachelor's degrees in science and liberal arts. He received his INMED Diploma in International Nursing & Public Health in 2008. Currently, Micah is the Chief Innovation Officer, where he oversees the development of new INMED programs. He is an active member of the American College of Lifestyle Medicine and his clinical focus is in lifestyle health and sports medicine.

Micah has provided presentations at local and national conferences on topics ranging from Disaster Response, Cross-Cultural Skills, Health Leadership, and Simulation. He is the author of the Disaster Response: Pocketbook for Volunteers and the Disaster Management in Limited Resource Settings, 2nd Edition.

Disclosures:

No commercial support received. No relevant financial relationships with ACCME – defined commercial interests for anyone who was in control of the content of this activity.

There is no conflict of interest for anyone (planners, faculty, authors) with the ability to control the content of this activity.