



Remission of Type 2 Diabetes and Reversal of Insulin Resistance with Lifestyle Medicine

Description

The Remission of Type 2 Diabetes and Reversal of Insulin Resistance with Lifestyle Medicine course, offered by the American College of Lifestyle Medicine (ACLM), and led by founding ACLM president and ABLM certified LM Intensivist, reviews the epidemiology, risk factors, and current medical approach to preventing and treating all forms of diabetes. Expert faculty in the fields of diabetes and lifestyle medicine address the scientific literature that supports the treatment, remission, and prevention of type 2 diabetes and insulin resistance. Most importantly, the application of lifestyle medicine methods, guidelines, tools, and monitoring standards will be explained in order to enable healthcare practitioners to successfully apply lifestyle medicine techniques in their practices to treat, prevent, and achieve remission of type 2 diabetes and reversal of insulin resistance for their patients.

Learning Objectives

- Discuss the role of nutrition and particularly whole food plant-based nutrition in the prevention, treatment, and remission of type 2 diabetes (T2DM) and reversal of insulin resistance
- Discuss the role of physical activity, sleep and other essential factors in the prevention, treatment and remission of T2DM and reversal of insulin resistance
- Review the key metabolic disturbances and pathophysiology of T2DM, insulin resistance, type 1 diabetes (T1DM), and latent autoimmune diabetes in adults (LADA)
- Review the current literature and considerations around medication deprescribing for T2DM remission and reversal of insulin resistance.
- Review the definitions and success rates of remission of T2DM and reversal of insulin resistance.

Target Audience

Physicians, certified diabetes care and education specialists, physician associates, nurse practitioners, nurses, registered dietitians and pharmacists are eligible to receive the Type 2 Diabetes Remission Certificate upon completion of this course.

Format

Remission of Type 2 Diabetes and Reversal of Insulin Resistance with Lifestyle Medicine course is comprised of 20 lectures within 17 modules and 18 hours in length. The course is completed online via the ACLM Learning Management System. Users are able to click through the voice-over module slides at their own pace and complete a corresponding quiz. Interactive scenarios, images and case studies have been added to enhance the experience.

Upon completion, clinicians may receive a certificate signifying your specialized knowledge and competency in evidence-based lifestyle medicine to support the treatment, remission, and prevention of type 2 diabetes.

Pricing

	Non-Member	Member
Physician/ Doctoral	\$720	\$720 \$540
Non-Doctoral Health Professional	\$540	\$540 \$405
Student	\$360	\$360 \$270



Outline

There are 20 lectures within 17 modules included in this course:

- **Course Overview & Introduction: Diabetes Remission as the Goal of Type 2 Diabetes Treatment** | John Kelly, MD, MPH, LM Intensivist, FACLM | Caroline B. Trapp, DNP, ANP-BC, CDCES, DipACLM, FAANP
- **Module 2: Key Metabolic Disturbances in the Pathophysiology of Type 2 Diabetes and Insulin Resistance** | George Guthrie, MD, MPH, CDCES, FAAFP, FACLM, DipABLM
- **Module 3: Insulin Resistance in Type 1 Diabetes, Latent Autoimmune Diabetes in Adults (LADA), and Type 2 Diabetes** | Kylie Buckner, MSN, RN
- **Module 4: Treatment and Reversal of Insulin Resistance in Type 1 Diabetes and Latent Autoimmune Diabetes in Adults (LADA)** | Kylie Buckner, MSN, RN
- **Module 5: Insulin Resistance and Cognitive Impairment** | Dean Sherzai, MD, MAS, MPH, PhD(c) | Ayesha Sherzai, MD, MAS
- **Module 6: Effective Modalities for the Reversal of Insulin Resistance and Remission of Type 2 Diabetes** | Scott Stoll, MD, FABPMR
- **Module 7: Lifestyle Medicine Treatment for the Reversal of Insulin Resistance and Remission of Type 2 Diabetes** | Scott Stoll, MD, FABPMR
- **Module 8: Dietary Plans for the Reversal of Insulin Resistance and Remission of Type 2 Diabetes (Parts 1-3)** | Brenda Davis, RD
- **Module 9: The Role of Plant-Based Diets in Type 2 Diabetes Management** | Neal Barnard, MD, FACC
- **Module 10: The Impact of Fasting on the Reversal of Insulin Resistance and Remission of Type 2 Diabetes** | George Guthrie, MD, MPH, CDCES, FAAFP, FACLM, DipABLM
- **Module 11: The Role of Physical Activity in the Reversal of Insulin Resistance and Remission of Type 2 Diabetes** | Jonathan Bonnet, MD, MPH, CAQSM, FAAFP, FACLM, DipABLM
- **Module 12: The Role of Sleep in the Reversal of Insulin Resistance and Remission of Type 2 Diabetes** | Scott Stoll, MD, FABPMR
- **Module 13: Medication Deprescribing - Lifestyle Medicine Considerations for Medications Commonly Used by People with Diabetes (Parts 1-2)** | Jeni Shull Clayton, MD, MPH, DipABLM | Denise Fields, PharmD, BC-ADM, FASHP, DipACLM
- **Module 14: Helping Patients Change Their Diets** | Neal Barnard, MD, FACC
- **Module 15: Expected Success Rates for the Reversal of Insulin Resistance and Remission of Type 2 Diabetes** | John Kelly, MD, MPH, LM Intensivist, FACLM
- **Module 16: Facilitating Behavior Change** | Caroline B. Trapp, DNP, ANP-BC, CDCES, DipACLM, FAANP
- **Module 17: Key Steps and Processes in Establishing an Effective Lifestyle Medicine Program for Reversal of Insulin Resistance and Remission of Type 2 Diabetes** | John Kelly, MD, MPH, LM Intensivist, FACLM



Accreditation

In support of improving patient care, Rush University Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

For Medicine: Rush University Medical Center designates enduring material for a maximum of 18.00 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only credit commensurate with the extent of their participation in the activity.

For Nursing: Rush University Medical Center designates this enduring material for a maximum of 18.00 nursing contact hour(s).

For Pharmacy: Rush University Medical Center designates this knowledge-based enduring material for a maximum of 18.00 contact hour(s) for pharmacists.

For Psychologists: Rush University Medical Center designates this enduring material for 18.00 CE credits in psychology.

For Dietitians: This enduring material has been approved by the Commission on Dietetic Registration for 18.00 CPEUs.

For Social Work: As a Jointly Accredited Organization, Rush University Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved continuing education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 18.00 general continuing education credits.

For physical therapy or occupational therapy: Rush University is an approved provider for physical therapy/occupational therapy by the Illinois Department of Professional Regulation. Rush University designates this enduring material for a maximum of 18.00 continuing education credits for physical therapists/ occupational therapists.

ABIM MOC: Successful completion of this activity, which includes participation in the evaluation component, enables the participant to earn up to 18.00 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participation completion information to ACCME for the purpose of granting ABIM MOC credit.

AAFP Prescribed Credits: The AAFP has reviewed Remission of Type 2 Diabetes and Reversal of Insulin Resistance with Lifestyle Medicine and deemed it acceptable for up to 18.00 Enduring Materials, Self-Study AAFP Prescribed credits. Term of Approval is from 11/10/2022 to 11/10/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABLM MOC: The American Board of Lifestyle Medicine has approved 18.0 maintenance of certification credits for this learning activity.

For NBC-HWCs: The National Board for Health and Wellness Coaching (NBHWC) has approved 18 continuing education credits for this learning activity: CEA-000127-2

