

# Lifestyle medicine & Primary care

Primary care is considered the gate keeper and cornerstone of health care systems, with the integration of lifestyle medicine being a crucial component. Without an adequate primary care system, health care becomes inaccessible and unaffordable. In this minor we will explore how primary care faces challenges in providing high quality, climate-friendly, accessible and affordable care for an increasingly ageing, complex, and multimorbid population. We explore how primary care professionals counter these challenges through innovative practices, including digital innovations and lifestyle medicine interventions. Together, we will examine unanswered questions regarding effectiveness, integration in current practices, and acceptability to patients and professionals.

## Quote

“Teachers were very approachable, and the mini-internships with the midwife and GP really provided added value to the minor teachings”



## Introduction

In this minor, students are challenged to contemplate future developments within lifestyle medicine and primary care, ranging from maternal health care (‘verloskunde’), youth health care (‘jeugdgezondheidszorg’) to general practice (‘huisartsgeneeskunde’) and elderly care (‘ouderengeneeskunde’). Students will learn about and reflect on state-of-the-art scientific developments with these areas. Specific topics that will be covered are:

- Population health management
- Pregnancy & childbirth, First 1000 days of life
- Chronic disease and multimorbidity
- Climate impact of (primary care)
- Lifestyle medicine & behavior modification
- Syndemics and cultural aspects of disease
- Elderly care medicine, advance care planning & value-based medicine



## Overview

We will use a **problem-based approach** to explore primary care and lifestyle medicine innovations, using **research** and **patient cases** from the earliest moment of life to old age.

We will provide **lectures, working groups, clinical activities** and **group discussions**. Knowledge and skills towards clinical chronic disease management

(DM and CRVM), motivational interviewing, scientific pitching and cultural aspects of disease are developed via advanced skills **workshops**.

You will participate in **mini-internships** in general practice, elderly care medicine, and/or midwifery practice. In duos, students will develop and present a lifestyle medicine intervention and evaluation plan.

Lifestyle medicine  
intervention  
Design & evaluation



Advanced skills  
workshops



Mini-internships  
GP, midwife, elderly  
care, youth care



Lectures & working  
groups problem-  
based approach



## Learning goals

At the end of this minor, students know, understand and can apply different themes and concepts within primary health care and lifestyle medicine, its major developments and clinical practice. They are able to develop and evaluate a lifestyle medicine intervention following intervention mapping principles. They can accumulate and interpret relevant primary care research findings and make informed decisions on research and practice based on relevant social, scientific, and ethical aspects.



**“Learn about innovations in primary care and lifestyle medicine in its broadest scope, adopting a life course approach to primary care medicine.”**



## Assessment

- Lifestyle medicine intervention:
  - Design & evaluation (Report (40%)
  - Oral presentation (20%)
- Scientific pitch (20%)
- Knowledge assessment (20%)
  
- Mini internship presentation (pass/fail)
- eLearning modules (pass/fail)

## Quote

**“The minor covers topics that are not included in the regular curriculum - inspiring you to think out of the box, and prepare for a targeted, population health approach”**

## Contact us



Dr. Rianne van der Kleij

Dr. Jiska Aardoom

Dr. Anke Versluis

Public Health & Primary Care  
[halveminor.pheg@lumc.nl](mailto:halveminor.pheg@lumc.nl)