



PHILIPPINE COLLEGE OF LIFESTYLE MEDICINE

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OFFICERS: 2022-2025

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MISSION

The Philippine College of Lifestyle Medicine serves its members by advancing the field of lifestyle medicine, promoting excellence in clinical practice, and advocating on behalf of medical and public policy issues related to the practice and promotion of lifestyle medicine.

Affiliate Specialty Society of the
Philippine Medical Association
under the Philippine Academy of
Family Physicians

Accredited society of the Lifestyle
Medicine Global Alliance (LMGA)

Board Resolution 2022-08 LIFESTYLE MEDICINE RECERTIFICATION AGENDA

As the PCLM moves toward the validation and regulation of lifestyle medicine practice in the country, credential classification is identified:

- Certified Lifestyle Medicine Physician (CLMP)
 - Physicians holding the CLPM credential are those who satisfactorily completed the prescribed training curriculum in Lifestyle Medicine but still need to pass/take the Philippine Specialty Board in Lifestyle Medicine (PSBLM) examinations.
- Diplomate of the PCLM (DPCLM)
 - The DPCLM credential is given to physicians who successfully pass the PSBLM examinations.
- Diplomate of the IBLM (DipIBLM)
 - Physicians holding the DipIBLM credential are those who satisfied the requisites and successfully passed the IBLM foundational certification exam
- Fellow of the PCLM (FPCLM)
 - The PCLM Fellowship certification is given to diplomates who have satisfactorily complied with specific requisites including but not limited to LM education advancement, academic, research and organization contributions to the college.

LM RECERTIFICATION

The PCLM has the discretion on the mode of recertification implementation provided that the requisites for LM practice validation as determined by the LM competencies and local medical practice standards for Diplomates are satisfied:

- Advancement in LM education (through CME program)
- Documentation of LM patient encounters and LM procedures
- Community-Engaged LM Advocacy
- EBM, Research and Quality Assurance (QA)
- LM portfolio and personal lifestyle/health review

Advancement in LM Education

The 60-CME credits (prescribed for a Diplomate member) can be accumulated through PCLM/ACLM/PAFP LM-CME sessions/events or academic affiliation and engagements:

- PCLM events
 - Grand rounds
 - Postgraduate course
 - Midyear & Annual convention
- Academic affiliation/engagements
 - teaching LM in medical school, residency and fellowship program
 - speaking engagements in lifestyle medicine forums
 - PCLM webinars
 - Medical society invitations
- ACLM CME sessions
 - LM competency-based CME lectures
 - ACLM conference
- PAFP CME sessions
 - Research & Quality Assurance
 - UHC

Documentation of LM Patient Encounters and LM Procedures

Diplomates should use the provided templates for the documentation (tally sheets) of patient encounters and LM procedures conducted in-person and/or virtually.

Community-Engaged Lifestyle Medicine Advocacy

Submit of any report of LM Advocacy activities may include in-person or virtual programs advocating lifestyle medicine in collaboration with public or private organization. CELM advocacy reports will be reviewed for potential publication.



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EBM, Research and Quality Assurance in LM Practice

This will be composed of asynchronous online modules in:

- EBM
- Research
- Quality assurance

Lifestyle Medicine Portfolio

The completion of the requisites should be the content of a Diplomate's portfolio.

- Curriculum vitae
- Tally of CME credits
- Folder of CME certificates
- Tally of LM patient encounters and LM procedures
- CELM report
- Research & QA tasks
- Personal LM data analytics (Personal health review)

RECERTIFICATION COMPLETION

The recertification is required every 3 years after passing the LM Board exam.

NON-COMPLIANCE

Non-compliance to the PCLM recertification will not affect the credential issued by the IBLM provided that the annual LM maintenance of certification (LMMOC) is satisfied. However, non-compliance with the LMMOC will require one to undergo the IBLM recertification after 10 years mark.

PCLM diplomates will be recommended to use the credential "CLMP" after two consecutive non-compliance of the 3-year recertification mark.