

INTERNATIONAL BOARD OF
**LIFESTYLE
MEDICINE**

**Philippine College of Lifestyle Medicine
International Board of Lifestyle Medicine**

PRIMER FOR EXAMINEES

2021 Diplomate Board Examinations

The Certifying Examinations for the title of Diplomate in Lifestyle Medicine is administered yearly by the Commission on Specialty Board of Examiners of the Philippine College of Lifestyle Medicine in collaboration with the International Board of Lifestyle Medicine. The certification is required for licensed physicians who are practicing Lifestyle Medicine in the Philippines.

ELIGIBILITY REQUIREMENTS

Those qualified to take the diplomate exams upon the recommendation of the Committee on MEMBERSHIP are the following:

- a. A member of the Philippine College of Lifestyle Medicine
- b. Completed 600 CME units from the Lifestyle Medicine Competency Course
- c. Completed 30 online CME units from the Lifestyle Medicine Board Review Course
- d. Completed 10 hours of in-person CME through:
 - Annual Conferences
 - Postgraduate Courses
- e. Underwent 120 hours of Preceptorial and Immersion Training
 - 60 hours immersion or in-person training
 - 60 hours virtual preceptorial sessions
- f. Research (Case study)

Other Requirements:

- a. Paid the examination fees with proof of payment
 - May opt for National (PCLM) and/or International (IBLM) Certification
- b. Signed the Entry Ticket and Pledge for the Certification Exam
- c. PRC ID and/or certificate
- d. Updated PMA membership

ORIENTATION DATES & VENUES

- There will be a **virtual orientation for the examinees**. The primer will also be emailed to all eligible test takers and can be accessed at the PCLM website.
 - Written Examination: August 15, 2021
 - Oral Examination: December 5, 2021
 - *Zoom links for the meetings will be forwarded to the examinees through email*
- Should an examinee have any questions, he/she can email PCLM at info@pclminc.org

Written Examination

- Date & Time: November 2021 at 8:00 AM to 11:00 AM
 - Pre-examination Check: 7:30 AM
 - Segment 1: November 14, 2021

- Segment 2: November 28, 2021
- Venue: Virtual

Oral Examination

- Date: December 19-22, 2021
 - **Day 1:** Seven (7) Focused OSCE Stations + 1 rest station
Venue: to be announced
 - **Day 2:** Seven (7) Integrated Case OSCE Stations + 1 rest station
Venue: to be announced

A separate primer for the Oral Examination will be distributed to the examinees in September. Please monitor for emails sent to you and the PCLM website <http://pclm-inc.org/>. Please join our FB Page Messenger for the batch examinees.

Important Dates to Remember

- May 15, 2021 - Registration for Lifestyle Medicine training
- July 30, 2021 - Late registration for Lifestyle Medicine training
- August 31, 2021 - Last acceptance of LMBE application
- September 26-28, 2021 - 5th Annual Conference of PCLM (Online Summit)
- November 14, 2021 - LMBE Theoretical Segment 1 (Philippine College of Lifestyle Medicine) – **VIRTUAL PROCTORING**
- November 28, 2021 - LMBE Theoretical Segment 2 (International Board of Lifestyle Medicine) - via **PROMETRIC TESTING CENTER - ONLINE**
- December 19-22, 2021 - Oral and Practical Exam

APPLICATION PROCEDURES AND REQUIREMENTS

- The PCLM Secretariat and the Commission and the Committee on Membership will coordinate and notify those qualified to take the written exam no later than September 30, 2021.
- All applications for written, oral and practical exams should be coursed through the PCLM Secretariat not later than the designated **DEADLINES**.

Written Examination: July 28, 2021

Oral and Practical Exam: December 6, 2021

Application Requirements:

1. Properly filled online application form
2. 3 pieces 2x2 most recent colored ID picture with white background labeled and signed at the back (2 photos pasted on the test permits)

3. Application fee: P1,750
4. Certificate of completion of requisite courses
5. Examination fee:
 - a. National Certification
 - i. Written Examination (2 segments): Php 7,500.00
 - ii. Oral and Practical Exam: Php 7,500.00
 - b. International Certification
 - i. Written Examination (2 segments): Php 45,850.00
 - ii. Oral and Practical Exam: Php 7,500.00

Submission of the above-mentioned requirements should be done online:

<https://www.pclm-inc.org/exam-registration-physicians.html>

Payment can be made to the PCLM Account:

- **Bank: Eastwest Bank**
- **Account Name: PCLM**
- **Savings Account Number: 200021332568**
- Delivered by courier to the PCLM Office with the address 26 Huervana Street, Lapaz, Iloilo City, Iloilo 5000 Philippines
- For other concerns call PCLM office at (033) 3291916
 - Contact Person: Ms. Apple Italia & Reynelyn Valencia

WRITTEN EXAMINATION

The certification in Lifestyle Medicine demonstrates your competency in Lifestyle Medicine, augmenting your clinical or public health practice in preventing, managing, and reversing chronic and lifestyle-related diseases. It will also leverage the collaborative team approach having the same line of discipline directed to value-based, patient-centered care.

A. Exam Content

The examination consists of three hundred (300) multiple choice questions (MCQs) selecting the single best answer (SBA). It is divided into two (2) sets of 150. Each set is allotted 4 hours to complete (8 hours for the entire exam).

B. General Blueprint

The number of questions and percent distribution per discipline are shown below.

CLINICAL AREAS	PERCENTAGE DISTRIBUTION %	ALLOTTED NO. OF QUESTIONS
Introduction to Lifestyle Medicine	4%	12
Fundamentals of Behavior Change	10%	30
Key Clinical Processes in Lifestyle Medicine	8%	24
The Role of Physician Health and the Physician's Personal Health	4%	12
Nutrition Science, Assessment, and Prescription	26%	78
Physical Activity Science and Prescription	14%	42
Emotional and Mental Well-Being, Assessment, and Interventions	10%	30
Sleep Health Science and Interventions	8%	24
Managing Tobacco Cessation and other Toxic Exposures	8%	24
The Role of Connectedness and Positive Physiology	8%	24
TOTAL	100%	300

The agreed major references for the 2021 Specialty Boards are:

1. Foundation of Lifestyle Medicine: The Lifestyle Medicine Board Review Manual 2nd
2. Lifestyle Medicine Competency Course by PCLM

C. Conduct of Written Examination

The written examination will be conducted online.

Before the Examination

1. Qualified examinees should submit the complete requirements via online form at least 30 days prior to the exam.
2. There will be an orientation on the mechanics of the online examination on August 15, 2021 (Sunday) at 8:00 AM via Zoom.
3. A dry run will be held online on August 15, 2021 (Sunday) at 8:00 AM to ensure that the guidelines will be followed, and the physical setup of the examinee is appropriate.
4. The examinee will submit a signed non-disclosure agreement (NDA) and Honor Code prior to the examination day.

During the Examination

1. The examinee will choose a quiet room where he/she will take the online examination. The room should be free of distractions and the examinee should be alone in the room.
2. The examinee will be using 1 laptop and another electronic device (laptop, tablet, smartphone, etc.) while taking the examination: a) for answering the examination questions, and b) for virtual monitoring.
3. Zoom will be used for virtual monitoring and will be recorded. The examinees will be grouped and assigned to breakout rooms. The examinee will turn on his/her audio and video throughout the examination period. The device used for the virtual monitoring will be strategically placed (sideways) where the examinee and his/her surroundings are visible to the proctor.
4. The examinee should rename their name on Zoom using their full name. The camera for the exam recording should be in landscape orientation.
5. The examinee will only need an ID, examination permit, pen, pencil, mouse, simple calculator, 1 piece of white bond paper, laptop with charger, and another electronic device with charger for the virtual monitoring, unlabeled water/drinks for online examination. Phones or any other gadgets will be kept outside the room where the online examination will be held.
6. One (1) Specialty Board of Examiners will serve as a proctor for every ten (10) randomly selected examinees. The proctor assignments will only be known two (2) hours prior to the examination. The proctors will receive a list of examinees with corresponding email addresses and contact details. A Zoom link will be sent to the examinees by the proctor for the virtual monitoring at 6:00 AM during the examination day.

7. The examinee will need to log-in at 7:00 AM for the pre-examination activities and instructions.
8. Before the examination starts, the proctor will do the following:
 - a. Check proper identification of the examinee through the examinee's ID and also the examination permit duly signed and paid for.
 - b. Check the surroundings of the examinee particularly the area where he/she will take the examination by panning the camera 360 degrees around the room. The proctor will ensure that the examinee is alone in the room.
 - c. The proctor will also ensure that there are no other open tabs aside from their exam platform account.
9. The examination will run from 8:00 AM to 12:00 PM on both days. Examinees and proctors are required to synchronize their time with Philippine Standard Time. They will only be allowed to log-in by 7:30 AM. The examinee should be mindful of the time left to complete the examination. The proctor will remind the examinee of the remaining time at 9:00 AM, 10:30 AM, and 11:50 AM.
10. The examinee will only be allowed one (1) restroom break during the examination period.
11. The examinee will ensure that he/she is seen by the proctor at all times.
12. The examinee should notify his/her proctor if there are clarifications or queries regarding examination questions.
13. Silence during the examination period will be strictly observed.
14. An examinee can only leave online once the examination time has ended.
15. An examinee will only be allowed to be disconnected from the Zoom virtual monitoring two (2) times. Reconnection should be done within five (5) minutes. If the allowed times of disconnection and the time elapsed for reconnection are exceeded, the Specialty Board of Examiners will decide whether the examinee will be allowed to continue with the examination based on the cause of the disconnections.
16. If the examinee gets disconnected, he/she should send a screenshot of the disconnection notice to the chatbox and then notify the proctor that he/she got disconnected via text or call or via zoom chatbox for documentation purposes.
17. In the event that it is the proctor who will be disconnected, the floater will take-over the monitoring until the proctor gets reconnected.
18. The examinee will ensure that all tabs are closed at the end of the examination. It will not be accessible to the examinee once the examination ends.

I. POLICIES ON THE EXAMINATIONS

1. An eligible examinee has the option to take one (oral alone or written alone) or both exams (written and oral) in the same year after complying with the requirements.
2. Passing the written examination is a pre-requisite for taking the Oral Examination.

3. Examinees who passed only one exam are given three (3) consecutive years to take and pass the remaining exam.
4. Examinees who failed to take the oral examination within the 3-year period will invalidate the result of the written exam that was already passed. They shall also be required to take a refresher course offered by PCLM. The certificate of attendance in the refresher course and compliance of the CME/CPD credit requirement are needed to be eligible to take the exams again and subjected to the same 3-year validity period if they pass only one exam.
5. Only those who take both exams for the first time in the same year will be eligible to be considered as the board topnotcher.
6. After registering for the examination, the examinee agrees to abide with all the policies and procedures stipulated in the primer and the consent form.
7. In case of failure to take the exam for no valid reasons (validity to be decided by the chair), the examination fees shall be subject to the no refund and forfeiture policy. After deducting the operational and mailing costs, 50% will be refunded if canceled within 7 days after the deadline; and no more refund thereafter.
8. Any form of cheating or dishonesty will disqualify those found guilty. The Specialty Board may declare a failure of the whole exam if there is massive cheating, breach, or leakage of information on the questions. In such case, another exam will be re-scheduled.
9. The National Board of Directors shall officially endorse the candidates for the title of Diplomate in Lifestyle Medicine to be conferred during the Postgraduate Course/Annual Conference.
10. The successful candidates will only be officially notified upon approval by the National Board of Directors.
11. The decision of the Commission on Specialty Board and the National Board of Directors are considered final and executory.

II. RELEASE OF RESULTS

For a fair and just conduct of the examination process, the Board of Examiners will set a mean passing level (MPL) and perform item analysis of the written test questions. These shall serve as a guide to assess the validity, reliability and outcome of the examinations. The results will also be posted on the PCLM website and Facebook Page. Names of the top 10 successful examinees will be posted with a signed waiver of information release. Official letters indicating the results of the exams (passed or failed) will then be sent to all examinees by the Commission on Specialty Board. No more verbal or telephone inquiries on the results of the exams will be entertained by the PCLM Secretariat.

A formative feedback may be given to those who did not pass the examination only when requested in writing and approved by the Specialty Board.

ENTRY PLEDGE

Date: _____

I pledge that during the Lifestyle Medicine certification examination, I will:

- Not cheat
- Not take screen prints of the exam questions
- Not use any aids (internet, textbooks, notes, etc.)
- Not engage in conversation with other examinees after the exam has started
- Leave the virtual room quietly after I have completed all the questions
- Observe the instructions of the exam proctors

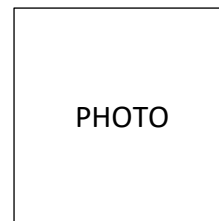
Signature over full printed name (to appear in your certificate):

**PHILIPPINE COLLEGE OF LIFESTYLE MEDICINE
SPECIALTY BOARD EXAMINATIONS**

EXAMINEE NO. _____

ORAL EXAMINATION PERMIT

October/November ____, 2021



Please arrive one hour before the examination.
Permit to be filled up and submitted together with the application form.
It will be claimed upon registration on the day of the examination.

NAME (Surname, First, Middle Initial): _____

MAILING ADDRESS: _____

CLINIC/HOSPITAL & ADDRESS: _____

TEL. NO. _____ MOBILE NO. _____

PRC NO. _____ PMA NO. _____ EMAIL: _____

Verified by:

Examiner

**PHILIPPINE COLLEGE OF LIFESTYLE MEDICINE
SPECIALTY BOARD EXAMINATIONS**

EXAMINEE NO. _____

WRITTEN EXAMINATION PERMIT

August 22 & 29, 2021



Permit to be filled up and submitted together with the application form.
It will be claimed upon registration on the day of the examination.

NAME (Surname, First, Middle Initial): _____

MAILING ADDRESS: _____

CLINIC/HOSPITAL & ADDRESS: _____

TEL. NO. _____ MOBILE NO. _____

PRC NO. _____ PMA NO. _____ EMAIL: _____

Verified by:

Examiner