



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 bi-annually 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. Licensed Physician
- b. At least 2 years of medical practice
- c. A member of the Philippine College of Lifestyle Medicine
- d. Completed 600 CME units from the Lifestyle Medicine Competency Course
- e. Completed 30 online CME units from the Lifestyle Medicine Board Review Course
- f. Completed 30 hours of in-person/live CME through:
  - Mid-year & Annual Conferences, Postgraduate Courses, Scientific Sessions, Grand rounds
- g. Underwent 120 hours of preceptorship and practicum
  - 60 hours immersion or in-person training
  - 60 hours virtual preceptorial sessions
- h. LM-related research paper / 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](mailto:info@pclminc.org)

### **Written Examination**

- Date & Time: November 2021 at 8:00 AM to 11:00 AM
  - Pre-examination Check: 7:30
  - Venue: Virtual / In-person (to be announced)

## **Objective Structured Clinical Examination**

Three (3) Focused OSCE Stations + 1 rest station  
to be announced

Four (4) Integrated Case OSCE Stations + 1 rest station  
to be announced

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

## **APPLICATION PROCEDURES AND REQUIREMENTS**

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



## 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
<b>TOTAL</b>	<b>100%</b>	<b>300</b>

The agreed major references for the 2021 Specialty Boards are:

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









## **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):

\_\_\_\_\_

