

**Philippine College of Lifestyle Medicine
Lifestyle Medicine Immersion Program**

CO-CREATION WORKSHOP: LIFESTYLE MEDICINE CANCER PROGRAM
Workshop Guide

Activity Background

Establishing a lifestyle medicine specialty practice emphasizes therapeutic lifestyle interventions as a primary modality to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity. Lifestyle medicine-certified clinicians are trained to apply evidence-based, whole-person, prescriptive lifestyle change to treat and, when used intensively, often reverse such conditions.

Through a lifestyle medicine lens and the empowerment of patients, we can create a better experience, something that health systems that promote better outcomes at a lower cost. Lifestyle medicine specialists receive the rewards of bringing healing and disease remission into their scope of care to provide not only sick care but also health care and vitality.

Co-Creation Activity

Co-creation workshop means collaborating with other stakeholders to guide the implementation process in establishing a lifestyle medicine practice. Participants with different roles align and offer diverse insights from assessment, planning, implementation, and evaluation. Through structured discussion, brainstorming, and ideation, co-creation activities help draw out ideas, risks, approaches, and clarity that can lead to better roadmap design and outcomes during implementation.

General Objective

To provide a platform for the assessment of challenges, formulation of interventions, and creation of necessary outputs for establishing lifestyle medicine practice.

Specific Objectives

- To assess the demands, gaps, and challenges in lifestyle medicine service provision in respective practice settings.
- To design interventions to address the identified demands, gaps, and challenges.
- To develop plans and outputs to implement the interventions created.

Procedures

Participants will undergo two (3) phases of the Co-Creation Activity. Each phase entails a collaborative approach through brainstorming and productive conversations.

- *Phase 1: Co-Assessing Demands, Gaps, and Challenges*
In this phase, participants will assess the demands, gaps, and challenges in the provision of lifestyle medicine interventions in their respective settings (clinic, hospital, community).

- *Phase 2: Co-Designing Interventions*
In this phase, participants will consider the assessed demands in Phase 1. Design interventions to address or mitigate the demands, gaps, and challenges citing the processes needed in providing LM services (from check-in to follow-up).
- *Phase 3: Co-Developing Output*
In the last phase of the activity, the designed interventions will be translated into developed outputs aligned with the Lifestyle Medicine system-based and collaborative practice.

Protocol

This guide protocol contains the track of questions, talking points, and printing notes as guidelines for participants in the focus group discussions.

Phase 1: Co-Assessing Demands, Gaps, & Challenges

1. Short introduction of epidemiology, prevalence, pathophysiology of assigned conditions
2. In your assigned practice setting (clinic, hospital, live-in facility & community), what are the existing demands, gaps, and challenges in providing lifestyle medicine program for cancer?
3. Do you foresee any potential demand for the provision of lifestyle medicine intervention for cancer?

Phase 2: Co-Designing Challenges

1. Among the demands, gaps, and challenges presented, what are the top 3 needs with utmost importance and urgency?
2. What are the known, tried, and tested interventions to address these demands, gaps, and challenges?
 - a. Healthy Public Policy
 - b. Facilities, resources
 - c. Personal skills and staffing
 - d. Community Action and Relations
 - e. Lifestyle Medicine Programs (include studies as reference)
3. What are the prospective solutions you're considering addressing the demands, gaps, and challenges?

Phase 3: Co-Developing Outputs

1. With all that has been discussed, what do you envision for your respective practice settings (clinic, facilities, hospitals)?
2. Set your milestones to achieve your goal.
3. What are the major steps that can be taken in your practice, immediately after the culmination of the conference, and in the next 3 years of your LM practice in terms of providing a structured lifestyle medicine program for cancer.
4. Create a slide deck for scientific session reporting, and a separate slide deck for patient/community presentation.