LIFESTYLE MEDICINE INTEGRATION INTO THE LITHUANIAN HEALTH CARE SYSTEM

Stages
INTEGRATION OF LIFESTYLE MEDICINE INTO THE LITHUANIAN HEALTH CARE SYSTEM

Stage I

1. **Education of LM specialists**

1. Faculty of Public Health, Lithuanian University of Health Sciences: Lifestyle Medicine Master degree studies in the Lithuanian language in 2016 and in the English language in 2018;

2. **Faculty of Health Sciences, Klaipėda University** – Bachelor degree studies of Nursing with Lifestyle Medicine specialisation (integrated 6-month Lifestyle Medicine course);

3. **Institute of Health Sciences, Faculty of Medicine, Vilnius University** – the initiative group of the Lifestyle Medicine study programme is drafting a Lifestyle Medicine study programme that is due to be implemented in 2018

4. **Lithuanian Society of Lifestyle Medicine**: an agreement has been signed with the International Board of Lifestyle Medicine (IBLM) on international certification of Lifestyle Medicine specialists in Lithuania
INTEGRATION OF LIFESTYLE MEDICINE INTO THE LITHUANIAN HEALTH CARE SYSTEM
Stage I

2. Legal status of LM specialists

Job description of a Lifestyle Medicine specialist drafted and approved by the Ministry of Health of the Republic of Lithuania

Lifestyle Medicine specialist as a member of the team of a family doctor in primary Health Care Centre
3. Integration of Lifestyle Medicine into the clinical practice of treatment, rehabilitation and prevention institutions

1. First model workshop on clinical application of LM in practice Rehabilitation Centre UPA in Druskininkai, 12-21 March 2018
2. Scientific-practical LM conference in Vilnius, Institute of Health Sciences, Faculty of Medicine, Vilnius University, 21 March 2018
3. The 4th scientific-practical LM conference in Kaunas, Faculty of Public Health, Lithuanian University of Health Sciences, 22 March 2018
4. LM section at the 20th scientific-practical conference in Klaipėda, Faculty of Health Sciences, Klaipėda University, 23 March 2018
INTEGRATION OF LIFESTYLE MEDICINE INTO THE LITHUANIAN HEALTH CARE SYSTEM
Stage III

4. Raising public awareness about the clinical benefit of Lifestyle Medicine

1. Publicising of the outcomes of the first (model) workshop of clinical application of Lifestyle Medicine in practice held in Druskininkai on media (RTV and other) channels
2. Visit of the US guests to the Seimas (press conference) and the Ministry of Health of the Republic of Lithuania on 21 March 2018
3. Participation of the US guests at the conference dedicated to the 150th anniversary of VYDŪNAS' birth in the Seimas (Vilnius) 21 March 2018
4. Participation of the US guests at the 20th traditional international scientific-practical conference To healthy and transparent future as guided by Vydūnas to be held at Švyturio arena in Klaipėda on 23 March 2018
International events dedicated to promotion of healthy lifestyle and Lifestyle Medicine in Lithuania
12- 23 March 2018

LIFESTYLE MEDICINE ALTERS HEALTH CARE PARADIGM. LET’S DO IT TOGETHER

Preliminary programme

DRUSKININKAI, 12–21 March 2018
VILNIUS, 21 March 2018
KAUNAS, 22 March 2018
KLAIPĖDA, 23 March 2018
PALANGA-NERINGA, 24 March 2018
Rehabilitation Centre *UPA* in Druskininkai

**WORKSHOP ON CLINICAL-PRACTICAL APPLICATION OF LIFESTYLE MEDICINE**

*Druskininkai*

2018.03.12 – 2018.03.21

2 March 10.00-10.30 Meeting with Ričardas Malinauskas, Mayor of Druskininkai

10.30-13.00 Meeting with representatives of medical community and health-resort population. Presentation of goals and objectives of the Lifestyle Medicine project and the clinical workshop

12–21 March First model workshop of clinical application of Lifestyle Medicine in practice, Rehabilitation Centre *UPA* in Druskininkai

20 March Discussion of the workshop results
Workshop on clinical application of Lifestyle Medicine in practice
Rehabilitation Centre UPA in Druskininkai

Participants:

Patients: metabolic syndrome patients, patients with Type 2 diabetes, high blood pressure and other material circulation diseases (individual persons and members of their families).

Observers and participants: medical staff of Rehabilitation Centre UPA Lecturers and higher-school students. Media representatives (?)

Problems:

• Harmonization of project details with the Ministry of Health;
• Drafting of project documentation, harmonization and validation of medical documentation used during the project;
• Project funding.
Seimas of the Republic of Lithuania
Vilnius
21 March 2018, 10.00–11.00

Press conference
MEANING OF THE LIFESTYLE MEDICINE PROJECT FOR THE LITHUANIAN HEALTH CARE SYSTEM AND BENEFIT TO SOCIETY
Results of the workshop on practical application of Lifestyle Medicine held in Druskininkai

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Ministry of Health of the Republic of Lithuania
MEETING WITH PROF. AURELIJUS VERYGA, MINISTER OF HEALTH
Time (?)
Institute of Health Sciences, Faculty of Medicine, Vilnius University
Vilnius
21 March 2018, 12.00-15.00

FIRST SCIENTIFIC-PRACTICAL CONFERENCE ON LIFESTYLE MEDICINE

Participants:
Representatives of the Seimas, MoH and Vilnius City Municipality,
Heads of the Faculty of Medicine of Vilnius University and the Institute of Health Sciences

Foreing guests:
John Kelly, MD, MPH; President Emeritus ACLM, Director Black Hills LM Clinic
Brenda Davis, RD; Int’l Lecturer, Author 9 Books (Foods and Nutrition)
Adrian Kennedy, CMO; Wellness and Lifestyle Mgmt - India & UAE, University and Hospitals
Hans Diehl, PhD; Founder of Lifestyle Medicine Institute, Clinical Prof. of PM - Loma Linda U
Stephan Herzog; Exec. Director International Board of Lifestyle Medicine
Dexter Shurney, MD, MPH; President ACLM, CMO Cummins Engines- TRUE HEALTH INITIATIVES
Brian Clement, PhD; Director of Hippocrates Health Institute, Author 10 Books - Health and Wellness
Ify Monye, MD(UK&Nigeria); Founding President of the LM Practitioners in Nigeria, Regional Director in the British Society of Lifestyle Medicine. Ify is eager to understand the model being implemented in Lithuania in order to use the experience in the establishment of Lifestyle Medicine in Nigeria and Africa.
Petras Vainius BS, MBA; American College of Lifestyle Medicine Ambassador - EU, Middle East, ELMO Ambassador USA
Faculty of Public Health, Lithuanian University of Health Sciences
Kaunas
22 March 2018, 10.00-15.00

THE 4TH TRADITIONAL SCIENTIFIC-PRACTICAL CONFERENCE ON LIFESTYLE MEDICINE

Participants: Vytenis Povilas Andriukaitis, European Commissioner for Health and Food Safety
Prof. Aurelijus Veryga, Minister of Health of the Republic of Lithuania

Heads of the Lithuanian University of Health Sciences:

Foreing guests: John Kelly, MD, MPH; President Emeritus ACLM, Director Black Hills LM Clinic
Brenda Davis, RD; Int’l Lecturer, Author 9 Books (Foods and Nutrition)
Adrian Kennedy, CMO; Wellness and Lifestyle Mgmt - India & UAE, University and Hospitals
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Petras Vainius BS, MBA; American College of Lifestyle Medicine Ambassador - EU, Middle East, ELMO Ambassador USA
Faculty of Health Sciences    Klaipėda University
Klaipėda, ŠVYTURIO arena
23 March 2018, 10.00-18.00

THE 20TH TRADITIONAL SCIENTIFIC-PRACTICAL CONFERENCE
„TO HEALTHY AND TRANSPARENT FUTURE AS GUIDED BY VYDŪNAS“
Commemorative event dedicated to mark the 150th anniversary of Vydunas’ birth

LIFESTYLE MEDICINE SECTION

Participants and programme :

10.00-10.30 Concert

10.30-12.00 Plenary session: Chairman of the Vydunas Society
Speaker of the Seimas
Head of Klaipėda City Municipality
Heads of Klaipėda University
Chair and members of the Sub-committee on Health Protection and Improvement,
Committee on Health of the Seimas

12.00 – 18.00 Scientific-practical conference (with participation of guests from the US and researchers from Lithuanian universities )

10.00 - 18.00 Fair of health items and services
FOR HEALTHY LIVING
AND CLEAR BEING

20TH INTERNATIONAL SCIENTIFIC CONFERENCE
FOR 150 YEARS VYDUNAS BIRTHDAY ANNIVERSARY

10:00 - 17:00
23rd of March, 2018

TOPICS OF CONFERENCE

- Nursing Science and Practice: from Vydu nas’ Ideas to Advanced Nursing
- Development of Recreation and Tourism
- Vydu nas and Social Work: Towards a Culture of Humanness
- Topicality of Technology in Medical Diagnostics and Rehabilitation
- Health-Enhancing Physical Activity
- Issues of Public Health Science
- Vydu nas: Past, Present, Future
- Vydu nas: Intersection of Western and Eastern Cultures.
- Alternative Medicine: Therapeutic Assistance by Animals
- New Challenges in Health Care. Lifestyle Medicine

ADDITIONAL INFORMATION

The conference will be held jointly with the exhibition “Wellness 2018”. Entrance to events until 15:00 free of charge.

REGISTRATION

The registration of listeners until 16th of March, 2018.
Abstract submission until 16th of February, 2018.

The registration form is available online at:
www.ku.lt/////konferencija-2018

All accepted abstracts will be published in the electronic conference edition.

CONTACTS

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KLAIPEDA UNIVERSITY
FACULTY OF HEALTH SCIENCES
Klaipėda - Palanga - Neringa
23-24 March 2018

- Overnight stay in Palanga
- Visit to Palanga resort
- Visit to the Dolfinarium
- Other places of tourist interest in Neringa
- Departure
EVENT ORGANISERS:

Lietuvos Respublikos Seimas
Subcommittee on Health Protection and Improvement, Committee on Health Affairs of the Seimas

Ministry of Health of the Republic of Lithuania

Lietuvos Sveikatos Mokslų Universitetas

Faculty of Medicine, Vilnius University

Rehabilitation Centre UPA, Druskininkai Municipality

Faculty of Health Sciences, Klaipėda University
International Lithuania LM Consulting and Contributing Experts:

- **Colin Campbell PhD** Sch. Prof. emeritus of Nutritional Biochemistry at Cornell U

- **Hans Diehl Dr.HSc, MPH**; Founder of Lifestyle Medicine Institute and CHIP Program

- **Caldwell Esselstyn, Jr. MD**; Director of Cleveland Clinic Wellness Institute

- **John Kelly, MD, MPH**; Founder of ACLM, President Emeritus ACLM, Director Black Hills LM Clinic

- **Brenda Davis**, RD, int’l lecturer, author 9 Books - foods & nutrition

- **Brian Clement, PhD**; Director of Hippocrates Health Institute

- **Adrian Kennedy** CMO India & UAE University and Hospitals

- **Claus Leitzmann, PhD** Retired professor of nutritional science University of Giessen in Germany. 

- **Petras Vainius BS, MBA**; ACLM Ambassador - EU and Middle East, ELMO Ambassador USA