## RCGP Curriculum - Core Capabilities

2. Applying clinical knowledge and skills

1. Knowing yourself and relating to others

Being a GP

5. Caring for the whole person, wider community, and the environment



4. Working well in organisations and systems of care

3. Managing complex and long-term care



May lead or contribute to an integrated care team including health, social care, exercise and third-party providers to address

Is primarily a GP that delivers lifestyle medicine as part of and the their job-plan.

community needs.

5. Caring for the whole person, wider community, environment

May provide a link between healthcare, exercise professionals and third-party providers that promote good health and wellbeing.

Will oversee management, reporting, and analysis.

> May work autonomously.

May undertake assessments independently or may be with other members of a wider lifestyle team.

4. Working well in organisations and systems of care

> Enables collective responsibility.

May provide or oversee lifestyle clinics in primarycare, communitybased or secondarycare settings.

> May lead a wider lifestyle medicine team.

May use their position within communities to advocate for change.

Will manage patients requiring support in adapting their lifestyle or may support another GP in managing patients with (or at risk of) long term conditions related to their lifestyle.

> Will communicate and build relationships on an individual, multiprofessional and team basis with all levels of staff.

Sharing decisionmaking. 3. Applying clinical knowledge and skills Managing risk. Coordinating care. Supporting Uses a behaviour biopsychosocial

approach.

Change management.

Influencing,

negotiating,

leadership,

mentoring.

Communication and team

Collaboration

working.

and partnership

change.

building.

compassionate

Driving performance / performance management.

1. Knowing yourself and relating to others

Motivating and inspiring.

Coaching and decision-making.

> Group consultations may be used to address lifestyle factors in specific populations, continuing to utilise an individual approach whilst fostering a culture of peer-to-peer support and learning.

The output of appointments with a GPwERLM should be the co-creation of a lifestyle treatment plan with goal setting and follow-up.

care

May look to address societal and cultural practices that may be negatively affecting lifestyle contributing to poorer health outcomes. Shares relevant information amongst teams involved in the person's care in dedicated time.

**RCGP Curriculum:** 

Lifestyle Medicine

2. Managing complex and long-term

Provides comprehensive assessment of a person's needs with good understanding of a lifestyle history, clinical assessment of lifestyle factors and supports behaviour change.

