



Lifestyle Medicine Practitioner Program Guidelines

These program guidelines are supplemental to the Graduate Student Handbook for students and clinical faculty

2026-2027

****Students are responsible for knowing and adhering to the policies, procedures, and expectations outlined in this handbook. You will be asked to sign an attestation document for your student file.***

Student Responsibilities and Expectations:

As a Doctor of Nursing Practice (DNP) graduate or Master of Science in Nursing (MSN) graduate, you are preparing for a leadership role that requires a high level of professionalism, accountability, communication, attention to detail, and commitment to lifelong learning. We are committed to supporting your success throughout the program and recognize that doctoral education requires you to take an active role in managing your academic and professional development.

To help you navigate the program successfully, please review and become familiar with all College of Nursing (CON) policies and procedures, the CON Graduate Education Handbook, and this track-specific Supplemental Handbook. These resources provide important information regarding program expectations, academic policies, progression, and your responsibilities as a graduate student. Because policies and procedures may be updated, you are expected to review these resources at the beginning of each semester and remain aware of any changes. You should also carefully review the syllabus for each course and regularly monitor the course materials, announcements, and communications provided through Canvas.

Plan of Study (POS):

Your Plan of Study (POS) is an academic plan developed with your track coordinator upon admission to the program. The POS outlines the courses and credit hours you are expected to complete each semester to meet program and graduation requirements.

Your POS should serve as your primary guide for semester-by-semester registration and academic planning. It is your responsibility to review your POS carefully and communicate with your track coordinator before the beginning of the program if you would like to request a plan that differs from the standard plan of study available online. If changes to your POS become necessary during the program because of personal, academic, or other circumstances, those changes must be discussed with and approved by your track coordinator.

Students are responsible for registering for their courses each semester unless otherwise communicated by the program or College. For example, registration for designated track-specific courses may be completed by the program team. Please do not assume that courses will be added or changed on your behalf. You are ultimately responsible for ensuring that your registration aligns with your approved Plan of Study and program requirements.

Taking an active role in reviewing your POS, planning for upcoming semesters, and confirming your registration is an important part of your development as an advanced practice nurse and leader. Attention to these details will help prevent delays in progression and graduation.

Communication and Professional Responsibility

Effective communication is an essential leadership competency for graduate nursing students. Throughout the program, we encourage you to communicate proactively with your professors, track coordinator, and program leadership whenever you have questions, concerns, or circumstances that may affect your ability to successfully progress in the program. Please do not wait until a concern becomes urgent to reach out. Early communication allows faculty and program leadership to better understand your circumstances, identify available resources, and work with you to determine an appropriate path forward when possible. Because timely communication is essential to your academic success, you are expected to regularly monitor your FSU email and Canvas, including course announcements and messages. At a minimum, please check these communication platforms daily so that you do not miss important information, deadlines, policy updates, registration information, or other program communications.

Developing the habit of being informed, responsive, proactive, and accountable is an important part of your professional preparation. Our goal is not simply to help you complete the degree, but to support your development into a thoughtful, prepared, and highly effective DNP graduate.

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The **Lifestyle Medicine Nurse Practitioner Certificate** student must hold a Master’s degree in a health-related discipline and maintain a cumulative grade point of at least 3.0 in all graduate courses. No course hours with a grade below “B” will be credited for this certificate. All clinical practical labs must be completed with a grade of Satisfactory.

Lifestyle Medicine Post-Masters Certificate Program of Study

A total of 15 credit hours and 60 clinical hours are required for the LM Certificate

Fall Admission:

Fall Semester 6 credit hours	Spring Semester 5 credit hours	Summer Semester 4 credit hours
NGR 6591 Introduction to Lifestyle Medicine: The Six Pillars of Health (3) NGR 6246 Empowering Behavioral Change: The Provider as Expert and Coach (3)	NGR 6167 Food as Medicine: The Nutrition Health Connection (3) NGR 6592 The Exercise Prescription: Improving Physical and Mental Health through Movement (2)	NGR 6593L Integrating Lifestyle Medicine into Clinical Practice (1) (60 CH) NGR 6590 The Role of Lifestyle Medicine in Improving Mental Health (3)
Program of Study for Post Master’s Certificate in Lifestyle Medicine		
Applicants must hold a Master’s degree in a health-related discipline. Minimum graduate school GPA of 3.0 15 Credit hours and 60 clinical hours		

Doctor of Nursing Practice (DNP)

The **Doctor of Nursing Practice (DNP) in Lifestyle Medicine** degree is designed to prepare nurses for the highest level of clinical practice in the profession of nursing. The program is designed in accordance with the American Association of Colleges of Nursing (AACN) Essentials of Doctoral Education for Advanced Practice Nursing, and the American College of Lifestyle Medicine Core Competencies (2025).

Doctor of Nursing Practice (DNP) **Post-Masters APRN to DNP**

This major is designed to academically and clinically prepare the nurse practitioner to become a Lifestyle Medicine APRN Provider. This major includes a total of 48 credit hours of post master’s study and includes up to 510 clinical hours. Upon successful completion of this major, graduates will be eligible to sit for the American College of Lifestyle Medicine certification exam and to be awarded the DNP degree.

DNP Lifestyle Medicine Program of Study (Fall Admission)

Fall Semester 9 credit hours	Spring Semester 8 credit hours	Summer Semester Up to 9 credit hours
NGR 6591 Introduction to Lifestyle Medicine: The Six Pillars of Health (3) NGR 7769 DNP Roles & Leadership within Complex HC Environments (3) NGR 6246 Empowering Behavioral Change: The Provider as Expert and Coach (3)	NGR 5846 Biostatistics (3) NGR 6826 Methods of Program Evaluation & Quality Improvement (2) NGR 6167 Food as Medicine: The Nutrition Health Connection (3)	NGR 6811 Theoretical Constructs and Methods for Evidence-Based Practice (3) NGR 6593L Lifestyle Medicine Practicum (1) (60 CH) NGR 6592 The Exercise Prescription: Improving Physical and Mental Health through Movement (2) <i>*Optional Elective-NGR 6590: The Role of Lifestyle Medicine in Improving Mental Health (3)</i>
Fall Semester Up to 11 credit hours	Spring Semester 9 credit hours	Summer Semester Up to 9 credit hours
NGR 6853 Appraisal & Translation of Evidence for Practice (3) NGR 6662 Health Equity & Social Determinants of Health (2) NGR 6674 Population Health and Applied Epidemiology (3) NGR 6593L Lifestyle Medicine Practicum (1-3) (up to 180 CH)	NGR 6893 Healthcare Finance, Economics, and Entrepreneurship (3) NGR 5887 Policy & Legal and Ethical Complexities in Healthcare (3) NGR 6931C DNP Project Planning & Application for LM APN (3) (60 indirect clinical hours)	NGR 6935C DNP Project Implementation, Evaluation & Dissemination for LM APN (3) (60 indirect clinical hours) NGR 6593L Lifestyle Medicine Practicum (1-3) (up to 180 CH) <i>*Optional Elective- NGR 6590: The Role of Lifestyle Medicine in Improving Mental Health (3)</i>
Program of Study for Post Master's APRN-to-DNP in Lifestyle Medicine		
Applicants must hold an MSN in a Nurse Practitioner track and be a nationally certified APRN. Minimum graduate school GPA of 3.0. Up to 49 credit hours and up to 510 clinical hours (required clinical hours will be based on formal gap analysis).		

Total Clinical Hours for Lifestyle Medicine DNP Students

A total of up to 510 direct and indirect clinical hours are required for this program (CCNE accreditation body requires a minimum of 1000 clinical hours for a DNP). The distribution of clinical hours for the program is as follows:

Course		Clinical Hours
		Direct
*NGR 6593L	Lifestyle Medicine Practicum 1, 2, 3	Up to 510
Based on a Formal Gap Analysis of MSN Transcript and Clinical Hours Verification		Indirect
NGR 6931C	DNP Project Planning and Application	60
NGR 6935C	DNP Project Implementation, Evaluation & Dissemination	60

FSU MSN-to-DNP Lifestyle Medicine Gap Analysis and Program of Study Determination

All students entering the DNP Lifestyle Medicine track begin at the master's level; therefore, each Lifestyle Medicine Program of Study is individually tailored for each student. This customization ensures that prior graduate coursework and clinical experiences are accurately evaluated and appropriately applied toward DNP requirements.

Upon admission, the Student Services team initiates the review process by requesting official MSN transcripts, course syllabi for any graduate courses the student wishes to waive, and institutional documentation verifying all MSN and graduate certificate clinical hours. These materials are prioritized based on the sequencing of upcoming DNP courses to ensure timely evaluation. As per Florida State University guidelines, students enrolled in the MSN–DNP pathway must complete, at a minimum, 51 percent of their total DNP credit hours at FSU.

A comprehensive **Gap Analysis** is completed by the Lifestyle Medicine Track Coordinator during the first, and, when necessary, second semester of DNP program enrollment. This analysis determines:

1. **Clinical Hour Reconciliation:**

Documentation of clinical hours earned across all MSN and certificate programs is reviewed to establish how many hours may be applied toward the 1,000-hour DNP requirement. Should the MSN completed clinical hours exceed 1000, a minimum of 180 hours must be completed to meet the requirements of the DNP Project (120 hours) and the Lifestyle Medicine Full Academic Pathway requirement (60 hours).

2. **Course Waiver Eligibility:**

Students may request up to *12 credit hours* of course waivers. To qualify, the student must provide the full syllabus for each MSN course under consideration. Courses such as Health Care Policy, Finance, Biostatistics, Population Health, or Social Determinants of Health may be eligible if the syllabus demonstrates substantial alignment with the required DNP course, including comparable learning outcomes and major assignments.

The courses that are eligible for Syllabus review include the following:

- NGR 6895 Policy, Legal and Ethical Complexities in Healthcare
- NGR 6662 Health Equity & Social Determinants of Health
- NGR 5846 Biostatistics
- NGR 6893 Healthcare Finance, Economics, and Entrepreneurship
- NGR 6674 Population Health and Applied Epidemiology

The DNP Core courses that are not eligible for Syllabus review include the following:

- NGR 7769 DNP Roles & Leadership within Complex HC Environments
- NGR 6826 Methods of Program Evaluation & Quality Improvement
- NGR 6811 Theory and Evidence-Based Practice Scholarship
- NGR 6853 Translation of Evidence for Practice
- NGR 6931C DNP Project Planning & Application for the APN
- NGR 6935C DNP Project Implementation, Evaluation & Dissemination for the APN

Following the analysis, the Track Coordinator completes a formal ***Transfer Credit Evaluation form***, outlining all courses approved for waiver and summarizing applicable clinical hours. This documentation,

along with all supporting materials, is submitted to the Assistant Dean for Graduate Programs for final review and approval. The approved Gap Analysis then determines the student's individualized Program of Study and required clinical hours for successful completion of the DNP in Lifestyle Medicine.

Lifestyle Medicine Appropriate Preceptors and Field Sites

Students are expected to secure preceptors throughout their enrollment and before starting each semester. All clinical forms must be uploaded to American Databank, and clinical clearance obtained. Clinical sites and Preceptor credentials are reviewed by the Clinical Coordinator and Program Coordinator, and an affiliation agreement is completed if required by the site.

Students are not permitted to begin any clinical experiences until they receive a signed Practicum Education Plan (PEP) from the preceptor and Clinical Coordinator confirming clearance, preceptor approval, and the establishment of the requisite practice contract at the clinical site.

Course (clinical hours)	Appropriate Preceptor List	Appropriate Field Sites	NOT acceptable
NGR 6593L Lifestyle Medicine Practicum (I, II and III) Practicum I (60 hrs.) Practicum II (up to 180 hrs.) Practicum III (up to 180 hrs.)	Advanced Registered Nurse Practitioner (APRN); PA, MD, DO, Licensed Clinical Social Worker, Certified Health Coach, Nutritionist, Dietitian, Exercise Physiologist, preferably a provider who is a diplomate of the American College of Lifestyle Medicine or other similar organization who will prepare the student to transition to the role of Lifestyle Medicine Practitioner. Upon completion, the student will be able to assess, diagnose treat, and monitor lifestyle-related disease and provide lifestyle medicine focused anticipatory guidance and interventions.	The student in collaboration with faculty will select a practice setting that reflects the core competencies of the American College of Lifestyle Medicine. Private outpatient practice focused in Lifestyle Medicine, Integrative Medicine, Functional Medicine, community clinics, or specialty care facilities (e.g., cardiac rehab), or any other site where Lifestyle Medicine is the focus of the practice setting. Other sites and clinical educational opportunities will be determined and approved on an individual basis.	One's own personal practice *Hospital (including Hospitalist, ICU, ED) *Note: Exceptions are made in the event that the preceptor practices as a Lifestyle Medicine provider

For any questions related to American DataBank, you may contact them by email complio@americandatabank.com or by calling 1-800-200-0853.

For any questions related to preceptor forms or clinical site affiliation agreements, you can contact Katie Lambert at kel22g@fsu.edu.

For any questions related to preceptors or Practicum Education Plan, please contact your Clinical Faculty or Lifestyle Medicine Program Coordinator, Dr. Craig-Rodriguez, at acraigrodriguez@fsu.edu.

Information for Students and Faculty Regarding Preceptors

This process was designed to provide guidance to preceptors, ensuring their understanding of expectations and roles in facilitating DNP students' development of the knowledge, skills, and attitudes necessary to deliver optimal care to patients and families.

Student's Responsibility:

1. Complete the Practicum Education Plan for *each rotation*.
2. Include your course syllabus and Practicum Education Plan.
3. Include your CV/resume in the packet for the preceptor.
4. Discuss the content with your preceptor prior to starting your clinical rotation.
5. Have the preceptor review and sign the Practicum Education Plan.
6. ***Prior to beginning any clinical experience, email the signed verification form to your Clinical Coordinator for a signature and upload the document to Canvas. This step is very important, for clinical hours will not be accepted until this process is finalized.***

Clinical Faculty's Responsibility:

1. Account for the signed Practicum Education Plan from your students within the first 3 weeks of classes (example will be to have a S/U in the gradebook and your course syllabus).
2. Review Typhon clinical logs.
3. Forward Practicum Education Plan forms to Program Coordinator.
4. Forward all evaluations to the Instructor of Record at the end of the semester for review.
5. Ensure student portfolios are comprehensive and completed each semester (include documentation from previous semesters).

Additional Practicum Guidelines

1. **Attendance** at all practicum rotations is mandatory for the entire number of hours required.

Please note:

- **Requirements and Procedures for Clinical Placement:**
- All contracts and prerequisite paperwork must be submitted before the initiation of clinicals. This is mandatory. Any hours performed without proper clearance will not be counted. We require all legal documents before any clinical hours commence.
- Your projected schedule must be documented in the designated area on your PEP prior to the start of your clinical hours. Please include your name, location (with address), preceptor's name and credentials, and a reachable contact number. It's crucial for us to know your practice location at all times. If there are any changes to your schedule, please notify your faculty and update the revised schedule in Canvas.
- You may submit projected schedules as you arrange them with each specialty. You are not obligated to know all dates at once. You have the opportunity to submit multiple schedules in Canvas for projected schedules throughout the semester.

2. **Communication of Schedule Changes:** *It's imperative that we are aware of any changes to your projected schedule.* Whether it's due to an unplanned absence by your preceptor or yourself, please **promptly update the revised schedule**. This ensures you do not miss the opportunity to complete your clinical notes, which must be done within **14 days** from the start of your clinical rotation. Failure to comply will result in a grade of "zero" for that note unless an extension is granted by your instructor.
3. **Completion of Required Clinical Hours:** You are required to fulfill and clearly document the minimum clinical hours as a Lifestyle Medicine Nurse Practitioner student under the guidance of qualified preceptors. These hours must involve **direct patient care, and, when approved by the Program Coordinator, Lifestyle Medicine case-based webinars.**
4. **Students are not permitted to complete any clinical hours outside of the designated semester dates.**
5. **Professional Attire:** When attending clinicals, adhere to the College of Nursing policy regarding professional attire. Remember, you represent FSU CON, so dress accordingly.

Clinical Clearance

Per the FSU, College of Nursing Graduate Student Handbook, this process involves 4 steps:

Step 1: Qualtrics Request: Please use the provided link to initiate an evaluation for your clinical clearance. This request indicates your intention to participate in clinical rotations and request clearance. Failure to complete this request will result in a delay in the initiation of clearance, potentially affecting your ability to complete clinical hours on time.

https://fsu.qualtrics.com/jfe/form/SV_56dpTSlt0MU5cZn

Step 2: Typhon request: If your preceptor is not in Typhon, please follow the instructions provided to request approval for your preceptor to be added to the approved list. If your preceptor is already on Typhon, this step is not required.

Step 3: PEP Completion: See the information provided below.

Step 4: Complio (American Databank) Completion: See the information provided below.

For the health and safety of nursing students and the patients encountered in the nursing program, the FSU College of Nursing and participating agencies require current documentation of CPR, health status, immunizations, and health insurance. It is the responsibility of each student to upload documentation to American Databank (and keep current) for the following:

- Physical exam
- Immunizations (MMR, Varicella, Hep B)
- Influenza – renewed seasonally
- CPR
- TB/PPD – renewed annually
- Current unencumbered ARNP License
- Affidavit of Good Moral Character – renewed annually

- Personal Health Insurance
- Driver's License
- Authorization and Disclosure Form
- Essential Functions Form
- VECHS Waiver Agreement
- FDLE Background Screening – schedule through American Databank; renewed annually
- Drug Screening – schedule through American Databank; renewed annually

This documentation must be on file with American Databank for students to obtain Clinical Clearance. Clinical Clearance will be issued when all documentation is approved. For any questions, please contact the company or CON representative Katie Lambert (kel22g@fsu.edu). American DataBank is available to assist you Monday-Friday 7am-6pm MST or you can contact them by email complio@americandatabank.com or by calling 1-800-200-0853.

It is important to note that even if your preceptor is a College of Nursing faculty member, you must still submit all required paperwork for your faculty preceptor.

Certain facilities or offices may necessitate an **affiliation agreement** with the College of Nursing. These contracts can take considerable time to finalize, sometimes up to 3 months. It is advised to initiate this process during the semester preceding the planned clinical experience. If the College of Nursing does not currently have a contract with a clinic or facility, the student must provide the Clinical Coordinator with a contact at the facility to initiate the agreement process. For information regarding your specific facility request or agreement on file, please contact Katie Lambert at kel22g@fsu.edu.

Practicum Education Plan (PEP):

At the start of the semester, students are required to upload their completed Practicum Education Plan (PEP) to the course Canvas site before commencing any clinical activities. The PEP must be signed and dated by both the preceptor and the student. Before uploading the PEP to the course, it must be sent to Katie Lambert at kel22g@fsu.edu for signature. *All sections of the preceptor form must be completed accurately before submission, and signed by the preceptor, student, and Clinical Coordinator.* To submit the PEP, scan and email document to Katie Lambert or upload and share it using the OneDrive app.

Practicum Education Plan (PEP) Process Guidelines:

Faculty, Clinical Coordinator, and Student Responsibilities

- **New PEP for Each Rotation:** A new Practicum Education Plan (PEP) is required for every clinical rotation and for each preceptor. You can find a clean copy of the PEP on the CON Graduate Program Canvas site under "Forms" or by clicking on the following link: https://canvas.fsu.edu/courses/41659/pages/forms?module_item_id=2602708.
- **Evaluation Tool:** The completed PEP serves as the primary tool to evaluate the student's clinical performance. Fulfilling objectives is a crucial aspect of the evaluation process, both by the Preceptor and the Clinical Faculty member.
- **Completion of PEP Form:**

- Student fills out student demographics, preceptor demographics, and faculty contact information on the PEP.
- Student adds specific course description and course objectives to the PEP.
- Student develops five specific, appropriate, and measurable goals for each course, showcasing gradual advancement towards achieving independent proficiency in critical thinking, diagnostic reasoning, formulation of differential diagnoses, and development of appropriate treatment plans. If needed, the Clinical Faculty can assist with objectives.
- Please follow this link for helpful information on writing SMART Objectives:
https://canvas.fsu.edu/courses/41659/pages/smart-goals?module_item_id=5307779
- Student adds the number of clinical hours and dates for the clinical experience.
- **Signing and Submission Process:**
 - After reviewing the 5 objectives on the PEP, both the Student and Preceptor sign the PEP form.
 - The student sends the signed PEP to the Clinical Coordinator.
 - **The Clinical Coordinator signs the PEP form after the preceptor and student, indicating that the student's clinical rotation is approved, and the student has clinical clearance to begin.**
 - The Clinical Coordinator or Course Instructor sends the signed copy back to the student, clearing them to start clinicals. The student must upload the PEP to Canvas before beginning clinical.

Clinical Rotation and Preceptor Request Process

- Each student is required to submit a signed Practicum Education Plan (PEP) to the Clinical Coordinator as outlined above.
- Additionally, each student must complete a clinical request using Qualtrics. This step is mandatory every semester, even if the student is rotating with the same preceptor as in the previous semester.
- Furthermore, each student must submit a preceptor request on Typhon and include the preceptor's curriculum vitae (CV) and license.

**THE FLORIDA STATE UNIVERSITY
COLLEGE OF NURSING GRADUATE PROGRAM
PRACTICUM EDUCATION PLAN**

Semester & year _____
 Course Number and Course Name. _____
 Student: _____
 Address: _____
 Telephone: _____
 Primary Preceptor (**Please include credentials and specialty**) _____
 Address: _____
 Preceptor phone _____
 Preceptor e mail _____
Preceptor preferred method of contact/communication _____
 Clinical Faculty: _____

COURSE DESCRIPTION: Student copies and pastes Course Description here

COURSE OBJECTIVES: Student copies and pastes Course Objectives here

PERSONAL OBJECTIVES: (List at least five (5), specific and measurable personal objectives for each clinical experience. These objectives should be reflected in the student's clinical log and the student should be prepared to discuss personal objective achievements/progress with the Clinical Faculty.)

By the end of this rotation, the student will:

1. Student formulates personal objectives
2. Etc.

Expected Clinical Experience Hours with this Preceptor:

BEGINNING DATE: _____ **ENDING DATE:** _____

Clinical Site Description

Practice Name:

Practice Address:

Description of the site:

Type of Practice/Population Focus:

Student's Anticipated Clinical Schedule

Days of the week:

Amount of time per day:

Total amount of time for this clinical site:

_____ Student	_____ Date
_____ Preceptor	_____ Date
_____ Clinical Coordinator	_____ Date
_____ Clinical Faculty	_____ Date

Dear Preceptor,

If you are interested in receiving a tuition waiver or preceptor verification letter for being our preceptor, please follow the link and complete the survey. Be sure to complete this survey after EACH semester of service. Thanks so much for helping to educate the next generation!!

https://fsu.qualtrics.com/jfe/form/SV_b7WgswhgRdzuEv4

Typhon NPST™ Patient Records

Typhon NPST™ (pronounced “TY-fun”) is a clinical data management system designed to enhance the student clinical experience and facilitate job searches after graduation. Students are required to pay a one-time registration fee for Typhon, which grants access throughout their clinical courses and for up to 5 years post-graduation.

Typhon serves multiple purposes, including:

- Logging clinical experiences electronically
- Creating an electronic student portfolio
- Managing external documents such as preceptor resumes and licenses
- Generating detailed reports of clinical experiences

This electronic logging system becomes an integral part of the student’s permanent file and supports the recommendation of the Dean of Graduate Studies and/or Clinical Major Coordinator when applying for certification upon graduation. It is important to note that a comprehensive listing of clinical hours and experiences may be required by the testing agency during Board Certification application, State certification application, and/or hospital credentialing processes.

Typhon NPST™ Instructions:

1. Upon receiving an email from the Typhon NPST™ system with your account information (unless previously set up), you must set up your account within 24 hours. *Use your FSU Email exclusively for this purpose.*
2. After account setup, you will need to purchase access to Typhon. Upon initial login, you will be directed to a credit card payment page to complete the payment process. Once payment is approved, your account will be automatically activated. Please change your password from the default and accept the end-user license agreement.
3. Students can access the Typhon website on their handheld devices at no additional charge.
4. For additional technical support, students can refer to the Student Frequently Asked Questions (FAQ) or submit an online support ticket through Typhon. Response time is typically one (1) business day.
5. Access the "Support Tickets" page on your main menu after logging into your online account. Select "Create New Ticket" and provide complete details regarding your issue and any troubleshooting steps you've already attempted.
6. You can find helpful tutorials related to Typhon usage under the "Help" section on the main menu. We recommend reviewing these tutorials before beginning a clinical course. You may also review the Typhon and PEP informational video on the CON Graduate Program Canvas site or by clicking on the following link: https://canvas.fsu.edu/courses/41659/pages/typhon-and-pep-video?module_item_id=3743198

Student Responsibility:

1. It is your responsibility to maintain an up-to-date clinical database.
2. Expectations for documentation may vary between courses. Make sure to review the course syllabus and consult with course faculty to confirm the required components of documentation in Typhon.
3. Be prepared for a learning curve—collecting this amount of information can be overwhelming initially. Many students find that it may take 5-10 minutes to enter each encounter during the first few days, but this time drastically reduces by the end of the first week.
4. **Clinical logs must be submitted within 14 days of your clinical experience.** Aim to enter each day's encounters on the same day. Establishing the habit of documenting today's cases today eliminates the stress of meeting deadlines and accelerates your learning curve. It also helps you become accustomed to the expectations of a practicing nurse practitioner with a full patient load.
5. Utilize the "blank case log worksheet" provided in Typhon to ensure you capture all necessary data for each patient encounter.
6. Regularly check your "missing information" screen and address any discrepancies while the data is still fresh in your mind.
7. For clinical-related content entry questions, reach out to your course faculty for assistance.
8. It is crucial to keep your patient encounter records up to date. The documented clinical hours in Typhon should match the completed clinical hours listed during mid-term and final clinical evaluations each semester.
9. **Log all hours as CASE HOURS (Patient Case Log). Avoid using the Time Log:**
 - a) Multiply the number of hours in your daily shift by 60 to determine total shift minutes.
 - b) Divide the total daily shift minutes by the number of patients seen to determine the minutes allocated for each patient. Enter this number as the Time with Patient for each patient seen that day. For example, if you spend an 8-hour shift at the site and see 10 patients, calculate as follows: 8 hours x 60 = 480 minutes per day. 480 minutes / 10 patients = 48 minutes per patient. Enter 48 minutes for each patient seen that day. Avoid separate Consult hours.

Clinical logs must be submitted within 14 days of your clinical experience. It is highly recommended to complete the logs as soon as possible after your clinical sessions to ensure accurate documentation of specifics. Please note that clinical logs will be locked after 14 days, and late submissions will not receive credit hours.

It is mandatory for each patient encounter to be documented in the Typhon system as part of all clinical experiences. Your work in Typhon will be graded within your courses and is crucial for certifying your competence to sit for boards after graduation. Each student is responsible for maintaining and retaining records of their own clinical experience logs for both class and personal use. All patient encounters, whether seen independently, in collaboration with a preceptor, or as

observation, require an entry into Typhon.

Student Access to the Preceptor List in Typhon NPST™

Students and faculty can view an electronic directory of the approved FSU graduate preceptor list.

Requesting Preceptors and Clinical Site additions to the Preceptor List

1. If your preceptor and/or clinical site is not already listed within Typhon, students should request additions to the preceptor list. Please note that the approval of a clinical preceptor and clinical site is at the discretion of each Specialty/Program Director and/or clinical/theory faculty member.
2. All requests must be approved by an FSU Typhon Administrator (or their designee) before the person becomes part of the official list.
3. Students can access the request area on their "Setup Default Choices" page by clicking "REQUEST ADDITION" next to the preceptor drop-down list.
4. Students are required to enter all preceptor/site information.
5. Once a student request has been made, the system will automatically notify the Typhon Administrator (or their designee) that a request is pending. Please allow at least 48-72 hours for this request to be reviewed.
6. Students will automatically be notified when action is taken on their request.
7. Incomplete or inaccurate data will result in the request being denied.
8. Students are required to enter the following information:
 - Specialty
 - Practice/Group Name
 - Preceptor LAST NAME, First Name (the last name entered in ALL CAPITAL LETTERS)
 - Credentials (APRN, M.D., D.O., PA, LCSW, MFT, etc.)
 - E-Mail
 - Phone #
 - Alt. Phone #
 - Fax #
 - Address
 - City
 - State
 - Zip/Postal Code
 - Hospital Affiliation

Once a student request has been made, the system will automatically notify the FSU, CON Typhon Administrator (or their designee) that a request is pending. Please allow at least 48-72 hours for this request to be reviewed.

Adding Preceptor License and CV to Typhon:

1. If the preceptor is not visible on the list in Typhon, request the addition of the new preceptor (see instructions below). We have enabled features to allow you to provide more demographic information in this section.
2. On your main page, in section #3, Other Activities & Reports, you will find a section named External Documents. We would like you to upload the preceptor's CV and a copy of their license in this section.
3. The Preceptor Requests in Typhon are checked daily. Once a preceptor is approved, their name will appear as a choice in Typhon.

Setting:

At the beginning of the semester, please provide a description of your clinical setting(s) and the types of clients typically encountered in this setting. Utilize the PEP form for this purpose and submit it under the appropriate assignment area to your clinical instructor.

Log Entries:

The clinical log will track the total time spent in clinical practice, as well as with each patient. It should include the following details:

- Preceptor site
- Date
- Patient demographics
- ICD-10 codes
- DSM-5 code(s)
- Time spent with each patient
- Brief comments

Ensure that you *select the correct course* when making your entries. For example, in the first semester, the student would select **NGR 6593L** for clinical log entries. Any entries logged into an incorrect area of Typhon must be corrected by the student before the end of the semester. This is the same manner you will be keeping track of your clinical hours throughout the program.

Typhon Case Log Totals (Graphical):

Print/download the *Graphical* Typhon Case Log Totals reflecting your entire clinical course hours for the semester. Upload this document to the appropriate assignment tab in Canvas.

Clinical Log Example

The following example shows the correct format for clinical log entries.

Faculty will periodically review your log and provide annotations to assist you in accurately and efficiently logging your clinical experiences.

Student Information -

Semester: Summer
 Course: NGR6593L Practicum
 Preceptor:
 Clinical Site:
 Setting Type:

Patient Demographics

Age: 43 years

Clinical Information

Biological Sex: Female
 Time with Patient: 45 minutes
 Consult with Preceptor: 15 minutes
 Type of Decision-Making: Low complexity
 Student Participation: Less than shared
 Reason for Visit: New Consult

Chief Complaint: Dizziness, anxiety, brain fog

Encounter #: 1

Type of HP: Comprehensive

Social Problems Addressed: Emotional
 Nutrition/Exercise

ICD-10 Diagnosis Codes

- #1 - E61.1 - IRON DEFICIENCY
- #2 - E65.9 is not a valid ICD code.
- #3 - K21.9 - GASTRO-ESOPHAGEAL REFLUX DISEASE WITHOUT ESOPHAGITIS
- #4 - G93.32 - MYALGIC ENCEPHALOMYELITIS/CHRONIC FATIGUE SYNDROME
- #5 - H81.10 - BENIGN PAROXYSMAL VERTIGO, UNSPECIFIED EAR
- #6 - F41.1 - GENERALIZED ANXIETY DISORDER

CPT Billing Codes

Medications

OTC Drugs taken regularly: 1

Prescriptions currently prescribed: 0

New/Refilled Prescriptions This Visit: 1

Types of New/Refilled Prescriptions This Visit:

Adherence Issues with Medications:

Other Questions About This Case

Patient Interaction: In person

Visit Type: General

Clinical Notes

LM Pillars:

- Nutrition: Limit soda. Eats lots of veggies. Limits meat intake. Drinks coffee every morning. Last meal at 7 pm.
- Sleep: Per iWatch, gets 1.5-2.5 hours of deep sleep, resting HR averages 54. Sleeps average 6 hours a night
- Exercise: Strength training, takes walks daily.
- Stress: Present. ACE +. Does acupuncture
- Social: Married. 5-year-old son. Works as a Radiology Clinical Manager
- BP in office: 118/74. HR 69.

Takes OTC Pepcid daily.

Plan: Labs: CBC, B12, A1c, insulin, intrinsic factor, iron studies, thyroid panel, sex hormones, diurnal cortisol. CGM via Freestyle Libre. BP monitoring. Rx: Vitamin B12 injections weekly. Recheck Vitamin B12 levels in 2-3 months.

Future plan: GI mapping, micronutrient lab check, therapy referral

Conference Log Example

Typhon Florida State University (3221) - NPST Sub-Administration Section
CONFERENCE LOGS

Home Manage Reports Help

Craig-Rodriguez, Ali

Conference Logs

This report shows the details of any conferences or workshops a particular student has logged in the system.

Student: Stefanie, Laura

Apply Filters Export to Excel

Date	Topic / Speaker	Hours	CME/CEU	Created/Edited (ET)
11/13/2022	HEALing Our Nation - Health Equity Achieved Through Lifestyle Medicine Jerome Adams Executive director of health initiatives, Jerome Adams presented at the opening night of the ACLM 2022 conference. Objective of the presentation were: 1. Examine the current state of health disparities and inequities in America 2. Identify key barriers and determinants that impact the ability and likelihood of underserved individuals and communities to apply lifestyle changes 3. Summarize the efforts underway to achieve health equity within the field of lifestyle medicine 4. Identify at least two ways to address health inequities among the communities you live and work 5. Discover key tools and resources that can support the advancement of health equity in the field of lifestyle medicine [Associated with: NGR6943L DNP Practicum V]	2.0	N	7/11/2023 2:47:46 PM N/A
11/13/2022	LM Approach to Pediatric Obesity in the Medical Home Erin Brackbill, Blakely Amati, Adrienne Markworth Pre-Conference Workshop: Health is Wealth! Incorporating a Lifestyle Medicine Approach to Pediatric Obesity in the Medical Home ACLM 2022 Conference in Orlando, FL The pediatric providers that developed the ACLM Pediatric Obesity Toolkit shared their experience with its development, use, and integration in the large medical education health system in SC where they work. Adrienne spent time educating on trauma informed care. The ACLM Pediatric Obesity toolkit was reviewed at length and practical strategies for integrating LM into the care of pediatric obesity in the primary care setting was discussed. [Associated with: NGR6943L DNP Practicum V]	3.0	Y	7/11/2023 2:45:23 PM N/A
11/14/2022	Breaking the Rules of Healthcare Dr. Robert Pearl Objectives: 1. Identify the outdated systemic and cultural rules of medicine that need to be broken 2. Evaluate the opportunities that currently exist to implement change 3. Evolve how to contribute to transform the culture of medicine for the benefit of both patients and clinicians	1.3	Y	7/11/2023 2:50:19 PM N/A

Get another report for this student:

Case Log Totals (Graphical) Time Logs Hours Logged by Course Conference Logs External Documents

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Lifestyle Medicine Portfolio

The Lifestyle Medicine Practicum Portfolio is a comprehensive PDF collection designed to organize and document evidence of practicum and DNP Project activities completed throughout the program. At the end of each semester, students will update and expand their portfolio by adding new materials that demonstrate their ongoing growth, achievements, and progression toward program outcomes. These cumulative portfolios should be saved each semester, as they will serve as the foundation for the final portfolio submitted at the completion of the DNP program. The final portfolio provides a comprehensive record of the student's scholarly, clinical, and leadership development throughout their doctoral education.

The portfolio must contain the following:

1. **Title Page.**
2. **Table of Contents.**
3. **Introduction Section.** Paragraph format describing the focus of the practicum experience, the patients, the setting(s), the goals, purpose, roles, and contents of the portfolio.
4. **Preceptor information:** PEP
5. **Clinical Log:** Your Typhon log should document all patients seen during your clinical hours and should reflect your weekly progress toward meeting the course objectives. The log will track the total time spent in clinical as well as with each patient and should include the preceptor site, date, patient demographics, ICD-10 codes/CPT codes, time spent with each patient, and brief comments. For the portfolio, a Graphical Case Log Total should be used.
6. **One page, end-of-rotation reflection** related to the care delivered by the Lifestyle Medicine DNP Student and the Primary Preceptor.
7. **Formative Evaluation Tools:** (submitted weeks 3, 6, and 9). This is mandatory. It is the faculty's way of documenting our communication and feedback to you. Your faculty will read and respond. This is part of your clinical grade.
8. **Preceptor Evaluation:** We must have the signed original evaluations from your preceptors by the designated date. You may place a scanned copy in the assignment tab in Canvas as well as including them in your portfolio.
9. **Student's Evaluation of preceptors and clinical sites:** again, scanned copies should be placed into your portfolio.
10. **The DNP Project Reflection:** a one-page narrative summarizing the student's key learning experiences, plans for dissemination of the project findings, and the anticipated impact of the project outcomes on advanced nursing practice, patient care, and healthcare systems.
11. **Conclusion:** Student should reflect on the data as related to the course objectives. All course objectives must be addressed. Student should use specific examples how they address each objective.

GRADING CRITERIA PORTFOLIO	POSSIBLE POINTS
Title Page	1 point
Table of Contents	2 points
Introduction	3 points
Section I ○ Preceptor Information/PEP and clinical site information (14 pts)	14 points
Section II Clinical Notes ○ Clinical Logs (25 pts) ○ Formative Evaluation tool (15 pts) ○ Preceptor and Faculty Evaluation (10 pts) ○ Student Evaluation of Preceptor/site (10 pts)	60 points
The DNP Project Reflection	10 points
Conclusion	10 points
Total Points	100 points

Preceptor Guidelines

At the beginning of each Practicum semester, the student will provide each preceptor with the designated form *Preceptor Guidelines for the Lifestyle Medicine Practicum Nurse Practitioner Student*, which provides a brief description of the Practicum course, and the expectations for student performance (e.g., time commitment, skills performance expectations, documentation skills, etc.) as well as Clinical Instructor information. The student is required to give this, along with the Practicum Education Plan (PEP) at the beginning of each clinical rotation.

Class Meetings

While the Lifestyle Medicine courses are 100% asynchronous, some DNP graduate courses are conducted in an asynchronous and synchronous online format. Regardless of the content delivery, the FSU Graduate Program is not a correspondence program, i.e., students and faculty

are encouraged to maintain frequent contact with individual students using a multi-modality approach, including synchronous Zoom meetings, email and phone discussions, 1:1 Zoom sessions to discuss the student's progress in practicum and didactic courses.

Please review the syllabus for each course to determine mandatory meeting times. Information regarding scheduled meetings can be found in the "Zoom" app on the course site within Canvas. If you have any questions or encounter issues regarding Zoom, please contact Mr. Jamie Marsh at jmarsh@nursing.fsu.edu for assistance.

Faculty members teaching a clinical course will engage with students regarding their personal objectives from the Practicum Education Plan approximately 2-3 times per semester. Additionally, faculty members will initiate contact with the students' preceptors to discuss the student's progress and address any questions the preceptor may have. A rubric for this dialogue is provided in Attachment 1.

Faculty consultation with the preceptor is required at the beginning and midterm during the semester. It is the student's responsibility to ensure this occurs. Once the faculty member meets with the preceptor (via email or phone call, whichever the preceptor prefers), the student must then meet with the faculty to discuss clinical performance. This meeting will typically occur via Zoom and will be arranged at a date and time convenient for both the faculty and the student.

Required Course Documents

To ensure success in the course, the following **critical** course documents must be submitted to your course instructor:

1. **Practicum Education Plan** (submitted at the beginning of the course)
2. **Student Formative Evaluations** (submitted throughout the course)
3. **Preceptor Evaluation of Student** (submitted at mid-term and end of course)
4. **Student Evaluation of Preceptor and Clinical Site** (submitted at the end of the course)
5. **Student Self-evaluation** (submitted at the end of the course)
6. **Reflective notes (2)**
7. **Cumulative portfolio**

All of the above documents contribute to the partial completion of the student portfolio. Please refer to the rubric below for portfolio instructions. The course instructor will submit the completed documents to the Program Coordinator to be reviewed and placed in the student's file in the Student Services Office.

Evaluations

Evaluation of Student by Preceptor: Clinical evaluation by faculty and preceptor: The student must receive a Met (M) = Expected Level of Performance, in his/her clinical performance evaluation to progress with a Satisfactory. If a student receives two Not Met (NM), they will receive an Unsatisfactory for the course, and it will need to be retaken the next time it is offered.

Evaluation of Preceptor and Clinical Site by Student: Form must be completed by the student at end of each semester.

Student Reflective/Formative Evaluation: (scheduled meeting with Instructor).

Student Self-Evaluation: The form must be completed by the student at the end of the semester. The student should reflect on the data as related to the course objectives. All course objectives must be addressed. The student should use specific examples to address each objective.

Faculty consultation with Preceptor is required at the end of the semester. It is the student's responsibility to ensure this occurs. Once the faculty member meets with the preceptor (via email or phone call, whichever the preceptor prefers), the student must meet with the faculty to discuss clinical performance. This meeting will generally occur via Zoom and will be arranged at a date/time convenient for the faculty and the student.

NGR 6593L Lifestyle Medicine Practitioner Practicum 1, 2 and 3 (60-180 clinical hours)

Preceptor Guidelines for the Lifestyle Medicine Student (NGR 6593L) Florida State University College of Nursing

_____ is a board-certified APRN who is currently enrolled in NGR 6593L, Lifestyle Medicine Practicum I/II/III (XXX clinical hours). This is the ____ in a series of up to 3 required Lifestyle Medicine Practicum courses.

This course focuses on the care of patients with chronic illnesses and focuses on the American College of Lifestyle Medicine's Core Competencies, which include, but are not limited to: Nutrition Science, Assessment and Prescription, Physical Activity Science, Assessment and Prescription, Sleep Health Science and Interventions, Treating Tobacco Use Disorder and Managing Other Toxic Exposures, Fundamentals of Health Behavior Change, Emotional and Mental Health Assessment & Interventions, and the Role of Connectedness and Positive Psychology. Each student has an ample library of resources, including evidence-based patient-facing handouts, but the preceptor should encourage outside literature review specific to cases seen in your setting. Additionally, it is hoped that you will call the student in on interesting cases that you are seeing in the clinic that would serve as unique and challenging learning experiences.

The required time commitment is ____ **clinical hours per week**. The student should strive to see _ **patients per 8-hour clinical day**. The student should be able to perform, with supervision, **both complete and problem-specific Lifestyle related assessments and interventions. The findings should then be presented to you in an organized and concise manner. The case presentation should be completed with a diagnostic statement and proposed lifestyle management plan.** The faculty expects each student to develop "decision readiness" and accountability for the assessment and treatment of lifestyle-related chronic conditions. This can only be perfected through practice and repetition.

Each student is expected to further develop their existing documentation skills with a focus on lifestyle assessment using the six pillars of nutrition, physical activity, sleep, risky substance use/misuse, positivity, and community support. In the Typhon log, students are expected to complete a brief summary of each patient encounter using the Subjective, Objective, Assessment, and Plan (SOAP) format and will be reviewed by faculty. It will be very helpful if you provide constructive feedback on the SOAP documentation, whether written, dictated, or electronic. If your setting does not facilitate student entries in the clinical record, please encourage the student to document their cases

on sheets separate from the records, using the SOAP method.

Dr. _____ is your student's clinical instructor for this course. You will be asked to complete an evaluation form (included in this packet) on the student at the end of the semester. In addition, you will receive a phone call or email from an FSU faculty member twice during the semester. Your input regarding the student's performance during the semester is highly valued, and you are encouraged to contact the clinical instructor Dr. __, 850-644-_____ or by email at _____@fsu.edu; or Dr. Alicia Craig-Rodriguez, Coordinator for the Lifestyle Medicine Program at 941-587-3192 to discuss any questions, concerns, or comments regarding the program, this course, the student, or your experience as a preceptor. Please submit your student evaluation by giving it to the student or email to Dr. ____@fsu.edu or by mail to Florida State University College of Nursing, 441 Duxbury Hall, 98 Varsity Way, Tallahassee, FL 32306-4310.

**Florida State University College of Nursing
Lifestyle Medicine Nurse Practitioner Program
Clinical Performance Evaluation
(NGR6593L, NGR6943L)**

Student Name: _____
Course Name/#: _____
Preceptor Name, Credentials and Location: _____
Semester/Year: _____
Type of Evaluation (check one): () Mid-term () Final
Who Performed Evaluation: _____

General Overview: This tool provides a formal evaluation of the clinical experience and incorporates input from the faculty, student, and preceptor. All categories are critical components for the lab course. The student must achieve a rating of

Evaluation Key:

- **Competent:** Consistently demonstrates independent Lifestyle Medicine practice behavior and is meeting course objectives. Confidently demonstrates coaching approach with patients and clients to promote health behavior changes during patient/client Lifestyle Assessment and Interventions. Demonstrates key elements of conducting a patient assessment within the Transtheoretical Model of Behavior Change and collaborates with the patient to develop stage-matched responses. Utilizes Motivational Interviewing techniques to evoke behavior change in patients. Demonstrates independence in developing evidence-based Lifestyle prescriptions such as nutrition, physical activity, stress management, restorative sleep, positive social connections, and the avoidance of risky substances and behaviors. The student must consistently achieve this rating throughout the final Lifestyle Medicine Practicum course. (NGR 6593L and NGR6943L).
- **Advanced Beginner: Satisfactory:** Frequently demonstrates independent Lifestyle Medicine practice behavior and is meeting course objectives. Is beginning to apply motivational interviewing, cognitive behavioral, health coaching, and positive psychology techniques during patient/client Lifestyle Medicine assessment and interventions. Demonstrates increased level of efficiency in developing evidence-based Lifestyle prescriptions such as nutrition, physical activity, stress management, restorative sleep, positive social connections, and the avoidance of risky substances and behaviors. Understands and accepts responsibility as a Lifestyle Medicine DNP or Certificate student. Demonstrates beginning acceptable performance in the area. The student must achieve this rating by the end of NGR6593L- Practicum 2.
- **Novice: Needs further development:** Occasionally demonstrates independent Lifestyle Medicine practice behavior but further practice is needed at this time in meeting course objectives. Is beginning

to develop patient-centered, written action plans based on the appropriate stage of change of the Transtheoretical Model of Behavior Change. Needs to further develop competency utilizing Lifestyle Medicine Core Competencies with individual care. This is an acceptable level of performance during NGR6593L Practicum 1.

- **Unsatisfactory/poor:** Often demonstrates dependent practice behavior, requiring constant direct supervision without evidence of progression/improvement at a satisfactory level. Care is rigid and inflexible without an ability to demonstrate consistent, safe, or appropriate practice in meeting course objectives. The student has difficulty adapting to new situations, lacks awareness of responsibility as a professional nursing student. Fails to communicate effectively and fails to act as a self-directed learner.
- **N/O:** no opportunity to observe this behavior.

Note: This rating of the student will become a part of their clinical evaluation. The Final Clinical grade is either Satisfactory or Unsatisfactory and will be based on the student's self-evaluation, the Preceptor's rating, and the Clinical Faculty's evaluation. If the student's performance, as evaluated by the Preceptor or Faculty, is below satisfactory on ≥ 2 of the behavioral objectives, the student automatically receives a failing grade for clinical performance. To assist students who are having difficulty in clinical settings, Preceptors and Clinical Faculty should meet immediately when they determine that a student will receive a less than satisfactory rating on ≥ 1 behavioral objective(s). Please provide comments on any grades which are unsatisfactory for a student.

Patient-Centered Care					
AACN Domain: 1, 2, 3, 4, 5, 6, 7 NONPF Domain: 1. Knowledge of Practice, 2. Person-Centered Care, 3. Population Health, 4. Practice Scholarship and Translational Science, 5. Quality and Safety, 6. Interprofessional Collaboration in Practice, 7. Health Systems					
Behavioral Objective	Competent	Satisfactory (advanced beginner)	Needs further development (novice)	Unsatisfactory or poor	N/O
Integrates lifestyle vital signs into components of the patient history and physical exam patients across all lifespans.					
Performs a thorough and appropriate lifestyle assessment across all lifespans utilizing ACLM-approved Assessment Tools.					
Uses the skills of open inquiry, reflections, and empathy to develop and maintain a therapeutic alliance.					
Develops, implements, and evaluates complex practice approaches based on theoretical, ethical, and scientific knowledge.					
Teamwork & Collaboration					
Behavioral Objective	Competent	Satisfactory	Needs further	Unsatisfactory	N/O

		(advanced beginner)	development (novice)	or poor	
Presents and discusses cases succinctly and appropriate with preceptor and others.					
Collaborates with preceptor and other members of the healthcare team to meet complex healthcare needs of diverse populations.					
Collaborates with Preceptor to leverage inter-professional teams to enhance health behavior change interventions.					
Evidence-Based Practice					
Behavioral Objective	Competent	Satisfactory (advanced beginner)	Needs further development (novice)	Unsatisfactory or poor	N/O
Analyzes and implement evidence-based clinical practice guidelines relevant to lifestyle medicine for prevention, treatment, and reversal of chronic diseases.					
Demonstrates how to screen, diagnose, treat, and monitor a lifestyle-related disease and provide lifestyle medicine-focused anticipatory guidance.					
Incorporates appropriate patient/family education according to patient values and preferences in lifestyle management plans.					
Demonstrates advanced levels of clinical judgment, systems thinking, and accountability in designing, delivering, and evaluating evidence-based lifestyle – focused care to improve patient outcomes.					
Quality Improvement					
Behavioral Objective	Competent	Satisfactory (advanced beginner)	Needs further development (novice)	Unsatisfactory or poor	N/O
Promotes quality health care to improve health outcomes for patients in diverse clinical					

settings.					
Demonstrates analytical methodologies for evaluation of clinical practice, health outcomes and the application of scientific evidence.					
Safety					
Effectively recognizes own limitations in the clinical setting.					
Verbalizes, orders, analyzes and interprets diagnostic tests appropriately.					
Develops appropriate lifestyle management plans (physical and mental health assessments, diagnostic studies, treatments, referrals).					
Informatics					
Behavioral Objective	Competent	Satisfactory (advanced beginner)	Needs further development (novice)	Unsatisfactory or poor	N/O
Documents in an appropriate manner (legible, organized, complete, proper terminology, abbreviations, spelling, format).					
Creates and utilize data from office systems, such as electronic health records with lifestyle medicine guidance, in clinical decisions and care, including tracking screening frequency, test results, referrals, and recommended follow-up.					
Professional Role Development					
Behavioral Objective	Competent	Satisfactory (advanced beginner)	Needs further development (novice)	Unsatisfactory or poor	N/O
Assumes full accountability for professional behavior and performs within acceptable ethical and legal standards.					
Presents self in accordance with clinical agency, College of Nursing, and professional standards for appearance and conduct.					
Demonstrates personal responsibility and					

accountability for accurate history, assessment, plan of care, treatment outcomes, and follow up.					
Ensures accountability for quality care and patient safety for diverse populations.					
Manages the expected number of patients based on the semester level.					
Is prepared for each clinical experience.					
Progresses through the semester as expected based on the semester level.					

Attention: The Preceptor's written evaluation is a critical component of this student's overall course evaluation. By signing this, you are attesting that the above comments are accurate, and that the student performed and completed clinical hours with the preceptor for this semester.

Comments: (Please provide your comments regarding the student's performance during this rotation):

Preceptor Signature: _____ Date: _____

Student Signature: _____ Date: _____

Faculty Signature: _____ Date: _____

**THE FLORIDA STATE UNIVERSITY
COLLEGE OF NURSING GRADUATE PROGRAM**

**NGR (place number for course here) (Place
name of course here)**

EVALUATION OF PRECEPTOR by (place student name here)

Preceptor: _____

Date: _____

Indicate the extent to which the preceptor(s) met the stated objectives by using the following scale:

1	2	3	4	5
Not very effective				Very effective

1. _____ Facilitated the student in meeting clinical objectives.
2. _____ Acted as a role model as a health care provider.
3. _____ Promoted optimal understanding of health problems and their management.
4. _____ Acted as a resource for clinical decision-making.
5. _____ Promoted independent clinical decision-making.
6. _____ Provided feedback to the student.

Comments:

Would you recommend this preceptor to students? _____ Yes _____ No

Clinical Site Evaluation: _____

Clinical site promoted learning: _____

Clinical staff was supportive of student and the learning process: _____

Clinical site was safe for the student and staff: _____

Other practitioners at the site were welcoming and encouraged a teaching environment:

Student Signature/Date: _____

**FLORIDA STATE UNIVERSITY
COLLEGE OF NURSING
NGR 6593L
Lifestyle Medicine Practicum I/II/III (circle one)**

STUDENT FORMATIVE EVALUATION

Scheduled Meeting with Faculty Facilitator (can be via telephone):

_____ with _____

Date _____

Time _____

Place _____

Type of Formative Evaluation (check one): () Mid-term () Final

Specific Strengths Identified:

Specific Weaknesses Identified:

Interventions/Plans to Overcome Weaknesses:

Progress made toward personal objectives for this rotation:

Student Signature and Date: _____

Faculty Signature and Date: _____

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COLLEGE OF NURSING GRADUATE PROGRAM**

Attachment 1

Rubric-Telephone Evaluation of Student by Preceptor by Faculty

1. How would you rate the student's overall performance thus far?
2. Is the student able to develop a rapport with clinical staff, patients and their families?
3. Does the student maintain professionalism in appearance and conduct?
4. What is the student's level of participation in patient care?
 - a. Observer
 - b. Participant
 - c. Independent provider with preceptor supervision
5. Is the student gaining more independence as the semester is progressing?
6. Is the student able to develop appropriate lifestyle interventions?
7. Is the student demonstrating appropriate assessment skills and providing suitable treatment options?
8. How is the student progressing with time management?
9. Is the student improving with documentation in the medical record?
10. Are there any issues or concerns regarding the student that you would like to discuss?

**THE FLORIDA STATE UNIVERSITY
COLLEGE OF NURSING GRADUATE PROGRAM**

Attachment 2

Example of E-mail to Preceptors

Dear _____,

Good morning/afternoon. My name is _____ I am _____'s Clinical Instructor for **his/her** NGR 6593L Lifestyle Medicine Practicum (I/II/III) course. You are a preceptor for my student, _____. It takes a great deal of effort on your part to help clinically educate a student and I am so very appreciative of the time you will be spending to mentor and guide **him/her** in the acquisition/development of new clinical skills.

As part of the requirement for the course, you will be asked to assist us in evaluating our student. This can be achieved via a scheduled phone call, email, or by filling out a clinical performance evaluation for by the end of ____'s clinical rotation. I would simply like to know if _____ is progressing with clinical skills as evidenced by obtaining an appropriate lifestyle assessment, and developing appropriate lifestyle treatment plans for all the patients that they encounter. We would also welcome any additional comments, compliments or concerns to be expressed on the written evaluation.

Thank you again for your commitment to Florida State University College of Nursing and to our Lifestyle Medicine students. I look forward our collaboration this semester. In the meantime, should you have any questions or concerns during this semester, I am just a phone call (XXX-XXX-XXXX) or Email (XXXXXX@fsu.edu) away.

Sincerely,

**THE FLORIDA STATE UNIVERSITY
COLLEGE OF NURSING GRADUATE PROGRAM**

Attachment 3

DNP/LM Clinical Summary Sheet (revised May 4, 2026 (ACR))		
Course/Semester	Preceptor name and address/ semester	Hours
NGR 6593L Lifestyle Medicine Practicum (1 SH = 60 clinical hrs.)	Name: Address: Semester:	Hours:
NGR 6593L/NGR 6943L Lifestyle Medicine Practicum (up to 3 SH = up to 150 clinical hrs.)	Name: Address: Semester:	Hours:
NGR 6943L Lifestyle Medicine Practicum	Name: Address: Semester:	Hours
NGR 6593L /NGR 6943L Lifestyle Medicine Practicum (up to 3 SH = up to 150 clinical hrs.)	Name: Address: Semester:	Hours:
NGR 6931C DNP Project Planning, & Application for LM APN 3 hrs. =60 indirect clinical hours	Instructor:	Hours:
NGR 6935C DNP Project Implementation, Evaluation & Dissemination for LM APN 3 hrs. =60 indirect clinical hours	Instructor:	Hours:

Clinical Hours Expected/Achieved (subject to individual formal gap analysis)

Approved MSN Program Clinical Hours: _____

Required LM Clinical Hours: _____

Required DNP Project Hours: 120

Total Hours Completed: _____

Total LM Hours Completed (up to 510 +) _____

DNP Project hours Completed: _____

Hours: Expected/Achieved- Total hours: 1000/_____

Transfer Clinical Hours Accepted: _____

Program Clinical Hours Required: _____

Date Completed: _____

Student Signature: _____ Date: _____

Track Coordinator or Assistant Dean: _____ Date: _____