

## Integrative Medicine Elective

### Rachel Swigris,DO and Danielle Loeb, MD- course directors

#### Course objectives:

At the conclusion of this elective, the resident will be able to:

1. Discuss why patients seek complementary / alternative medicine treatments (CAM)
2. Discuss the theories, benefits, and risks of common CAM therapies
3. List resources available for learning more about different CAM therapies in general
4. Discuss a mechanism to determine if a specific CAM therapy is helpful for a certain condition
5. List some CAM therapies used by patients for common medical problems
6. Advise a patient interested in CAM, including making appropriate referrals
7. Gain a deeper understanding of an "area of interest" in CAM
8. Gain wellness skills by participating in individualized self-care project

#### Course components:

Pretest / Post test	Will assess and re-evaluate knowledge, biases, personal experience, preconceptions of Complimentary and Alternative Medicine therapies.
<b>Optional</b> 2 week Clinical Nutrition Elective	Residents will have the opportunity to spend two weeks of the elective in a clinical nutrition sub-elective focused on traditional clinic nutrition. The clinics are coordinated by Laura Primak, RD. <ul style="list-style-type: none"> <li>▪ Endocrine clinics (lipid and diabetes)</li> <li>▪ Pediatric nutrition clinics (WIC and eating disorder clinics)</li> <li>▪ Inpatient nutrition rounds.</li> </ul>
Dr. Brent Jaster, MD	Residents will discuss: <ul style="list-style-type: none"> <li>▪ Plant-based diets for chronic disease management</li> <li>▪ Industry influence on nutrition and nutrition policy</li> <li>▪ Shared medical appointments</li> </ul>
Reading	In addition to online modules, online lectures and presentations on alternative medicine therapies. These are found on Blackboard.
Final project	Residents do a directed literature search on a specific integrative medicine question. <ul style="list-style-type: none"> <li>▪ 10-20 minute PPT or 2-3 page document with around 10 references</li> <li>▪ May be used for peer teaching</li> <li>▪ Examples are found posted under the "documents" section of BlackBoard</li> </ul>
Online learning modules	University of Minnesota: <a href="http://www.csh.umn.edu/modules/index.html">http://www.csh.umn.edu/modules/index.html</a> <ul style="list-style-type: none"> <li>▪ Required to complete at least 4 modules</li> <li>▪ Complete of all modules in "area of interest"</li> </ul>
Self-care plan	University of Minnesota: <a href="http://takingcharge.csh.umn.edu/healthy_lifestyle">http://takingcharge.csh.umn.edu/healthy_lifestyle</a> <ul style="list-style-type: none"> <li>▪ Identify area of self-care at beginning of month</li> <li>▪ Update course director mid-month</li> <li>▪ Review at end of month</li> </ul>
Hands-on / observation / experiential	<ul style="list-style-type: none"> <li>▪ Shadow and observe CAM practitioners in the community and at TCFIM</li> <li>▪ Follow/ observe practitioners using nutrition as a part of treatment for chronic disease</li> <li>▪ Be a patient at the student clinic at the Colorado School of TCM and/or community practitioners</li> </ul>
Course Evaluation	Evaluate: course, reading materials, didactics, interactions with practitioners

#### Sample Calendar:

Monday	Tuesday	Wednesday	Thursday	Friday
Continuity clinic/ Orientation and schedule clinics	½ day modules  TCFIM+	WED AM lectures  Acupuncture	Continuity Clinic/ Homeopathy	Alt Nutrition- meet with Brent for didactics/ TCFIM
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