

FAMU-4019 Complementary and Integrative Medicine Elective

Goals and Objectives

Knowledge

1. Acquire a familiarity with the five core areas of Complementary and Alternative Therapy as defined by the national center of Complementary and Alternative Medicine (National Institutes of Health)
 - Mind/Body Medicine
 - Alternative Systems/Culturally-based Healing Traditions
 - Manual Therapy
 - Biologically-Based Therapies
 - Energy Medicine
2. Demonstrate a basic knowledge of modalities with each area, including the following:
 - Basic Theory/philosophy of the discipline
 - Common clinical application and indication for referral
 - Potential for adverse effects
 - Current research evidence for efficacy and cost effectiveness methodological issues
3. Explain the principles of Evidence-Based Medicine and apply them to the evaluation of alternative therapies
 - Develop a cognitive basis for Integrative Medicine, i.e., learning to integrate conventional and non-conventional medical care in a patient's behalf
 - Define the "Relationship-Centered Clinical Method" and the concepts of biopsychosocial and spiritual healing systems
 - Describe the process of referral and collaboration with alternative therapy practitioners

Skills

1. Develop skills in at least 2 (two) of the following areas to apply in their clinical practice:
 - Herbal medicine: 8-10 common herbs

- Nutritional medicine: use of vitamin/mineral supplements for conditions of proven benefit.
Dietary manipulation for treatment of certain conditions
- Mind-Body Medicine: learn to practice and teach the relaxation response, apply visualization and guided imagery
- Optional skills per learner interest to be defined

Attitudes

- Appreciates the physician's role as counselor, mentor, and guide in patient's self-healing process
- Develops open-mindedness and healthy skepticism in assessing efficacy of alternative therapies
- Accepts the physician's responsibility to engage in a discussion of patient's use of alternative therapies as a necessary part of finding a "common ground" for treatment
- Understands and respects cultural/ethnic influences on health care beliefs and choices
- Recognizes that personal choices about self-care and personal growth are intrinsic to providing advice and role-modeling for patients

Acknowledgment

Thanks to Ben Kligler, MD of Beth Israel Hospital, Marian Stuart, Ph.D., of Robert Wood Johnson Medical School, and Andrea Gordon, MD, of University of Washington and the other members of the Society of Teachers of Family Medicine Alternative Medicine Working Group for their efforts in development of an educational curriculum in alternative medicine from which this is taken.