

Roundtable Lecture-Discussion Series

Format of Roundtable Lecture

1. Introduction—definitions of CIM
2. Review of information sources, and evaluating reliability
3. EBM and CIM
4. Safety and efficacy in CIM
5. Modalities - 10 sessions *
6. Prominent CIM providers bringing their outlook, experience and practical suggestions for referrals (Commonly used indications, contra indications, strengths and weaknesses of method involved)- 4 sessions
7. The therapeutic relationship in complementary health care- 2-4 sessions
8. Spirituality in medicine- 2-4 sessions
9. Acute Homeopathy – short introduction – 4 sessions
10. Self care- 2-4 sessions

*Residents under faculty direction.

Divide topics to all residents that will be in next meeting according to their rotation. Expected 5 minutes coverage of information retrieved, and/or dedicates time in class for hands on computer search of the topic, followed by directed discussion.

Each topic will have 1-3 summary articles, book chapters, or other source of information for resident reading and review prior to the session.

Topics

Topic: **High Impact Integrative Pediatrics**

According to a format devised by Dr. Moshe Frenkel, we conducted a round-table discussion of Integrative Pediatrics. Family Medicine residents and faculty attended the session. The session began with a brief introduction followed by a discussion of concerns regarding use of alternative therapies in pediatric patients.

The residents were provided with laptop computers that were connected to the Internet. A number of online and printed resources were demonstrated.

The resident were then given four cases of potential use of alternative therapies in infants and children. The residents were guided through a search of those therapies using the resources that had been introduced. The searches in the context of the cases gave the residents an opportunity to address safety and efficacy issues and to discuss how they would approach caregivers seeking alternative therapies for children.

The activity sparked lively discussion and was well received by the residents as well as the faculty.

High Impact Integrative Pediatrics (PowerPoint Presentation)

Topic: Reliable Resources for Complementary and Integrative Medicine

Using wireless laptops, residents were given a series of cases involving complementary and integrative questions. They then were guided in searching out reliable resources to answer these clinical questions. They were led to the <http://cam.utmb.edu> website and other links including several of our licensed databases, e.g., HealthNotes Online, Natural Medicines Comprehensive Database, Natural Standard, HolisticKids.

Topic: Pediatric

Topic: Common Herbal Medicines

Using the wireless laptops, resident sought information on indications, mechanisms of action, efficacy, safety, and dosing of 10 common herbal medicines.

Topic: Upper Respiratory Infections

We reviewed an integrative approach to the URI including use of zinc, echinacea, vitamin C, as well as standard symptom reducing remedies such as nasal saline, decongestants, etc.

Topic: Acupuncture

Demonstration and discussion of acupuncture for a patient with chronic low back pain

Topic: Chiropractic

Demonstration by a chiropractor of the chiropractic exam and technique, indications, contraindications, theory, and practical applications

Topic: Massage therapy

Provided a summary chapter on massage and had a massage therapist present to discuss indications, contraindications, billing, techniques, referral process and to demonstrate chair and table massage. Raffle off 2 free massage certificates.