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

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