

Integrative Health Focused Track at HCMC's Family Medicine Residency Program at Whittier Clinic**Faculty Director:** Kara Parker MD

Goal: To provide a curriculum that prepares residents to: practice basic areas of integrative medicine, continue lifelong learning, and become leaders of integrative health in their practices.

The demand for integrative primary care physicians working within medical systems exceeds capacity of trained physicians in the Twin cities, the state, and the nation. There are few training programs nationally for residents to gain practical experience in integrative medicine. One purpose for the Integrative Health Track is to train resident physicians to address this growing demand from patients who want primary doctors to have integrative knowledge and skills. Additionally, many residents express a desire to gain clinical experience as their knowledge of integrative medicine grows.

Residents participating in the **focused Integrative Health Track** 2 month elective will deepen their experience in integrative medicine through several formats and modalities. IH Track residents will spend 3 sessions in clinic weekly where they will see patients with integrative health faculty and:

- 1) Perform integrative medicine interviews with patients
- 2) Populate functional medicine timelines and matrix
- 3) Formulate patient centered IH treatment programs.
- 4) Implement integrative medicine longitudinally in their primary patients.

Residents will spend 2-3 sessions weekly in personal study and self-care experience such as:

- 1) Watching IFM (Institute for Functional Medicine) vimeos taught by their expert faculty.
- 2) Choosing an area of interest to focus on through the track (Ex. women's health, herbal therapy, nutrition, cardio-metabolic syndrome).
- 3) Working on self-care during the rotation by rating themselves on diet, digestion, exercise, energy, sleep, stress, support and making a self-care plan for improvement.
- 4) Observing and experiencing treatments of CAM practitioners who work at Whittier clinic and outside our system such as chiropractic, acupuncture, PT, and traditional healers.
- 5) Participating in the Integrative Medicine 4 Us and Pillsbury House for community service.

Resources:

Integrative Primary Care Faculty time during 2 month elective.

Institute for Functional Medicine (IFM) resources: Textbook, vimeos, patient handouts

Books, conference synched DVD's to enhance resident learning and areas of interest

Chiropractor, acupuncturist, and holistic physical therapists onsite assist in resident education

**Teaching Strategy:**

One on One observation that includes:

- a. Evaluation of residents interview and counseling of 4 patients on the "Signs of Vitality:" diet, digestion, exercise, energy, sleep, stress/support
- b. Observation of an Integrative health treatment plan on 4 patients including referral to CAM practitioners
- c. Review of Functional medicine timelines of 10 patients
- d. Observation of journal club presentation on an integrative medicine topic

Additional learning will be accomplished through a tailored learner centered curriculum that aligns with each resident's interests and future scope of practice.

Requirements:

- 1) The resident must complete the IMR program and pass the final test for certification. The program is 200 hours of Integrative Health education comprising of: Preventive medicine, self-care, foundations of integrative medicine, nutrition, supplements, physical activity, mind body approaches, case studies of integrative approaches to common chronic illness topics, women's integrative health (perinatal care, perimenopausal, depression), pediatric integrative health (asthma and allergies, ADD, headaches)
- 2) Deliver a journal club lecture on an integrative health topic
- 3) Final Presentation. Present aspects of this track to STFM or other national or international conferences such as AFMCP with participating residents