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:  

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<tr>
<th>Pretest / Post test</th>
<th>Will assess and re-evaluate knowledge, biases, personal experience, preconceptions of Complimentary and Alternative Medicine therapies.</th>
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</table>
| Optional 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.  
- Endocrine clinics (lipid and diabetes)  
- Pediatric nutrition clinics (WIC and eating disorder clinics)  
- Inpatient nutrition rounds. |
| Dr. Brent Jaster, MD | Residents will discuss:  
- Plant-based diets for chronic disease management  
- Industry influence on nutrition and nutrition policy  
- Shared medical appointments |
| 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.  
- 10-20 minute PPT or 2-3 page document with around 10 references  
- may be used for peer teaching  
- examples are found posted under the “documents” section of BlackBoard |
| Online learning modules | University of Minnesota: http://www.csh.umn.edu/modules/index.html  
- Required to complete at least 4 modules  
- Complete of all modules in "area of interest" |
| Self-care plan | University of Minnesota: http://takingcharge.csh.umn.edu/healthy_lifestyle  
- Identify area of self-care at beginning of month  
- Update course director mid-month  
- Review at end of month |
| Hands-on / observation / experiential | Shadow and observe CAM practitioners in the community and at TCFIM  
- Follow/ observe practitioners using nutrition as a part of treatment for chronic disease  
- Be a patient at the student clinic at the Colorado School of TCM and/or community practitioners |
| Course Evaluation | Evaluate: course, reading materials, didactics, interactions with practitioners |

Sample Calendar:  
Course components, objectives, reading  
LWC 2/15/07
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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Continuity clinic/ Orientation and schedule clinics</td>
<td>½ day modules TCFIM+</td>
<td>WED AM lectures Acupuncture</td>
<td>Continuity Clinic/ Homeopathy</td>
<td>Alt Nutrition- meet with Brent for didactics/ TCFIM</td>
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<tr>
<td>Continuity Clinic/ Reflexology</td>
<td>TCFIM</td>
<td>WED AM Lectures Acupuncture</td>
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<td>Final presentation</td>
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