

Learning Objectives

Knowledge

Each fellow will gain a basic understanding of:

1. The distinction between integrative medicine and complementary and alternative medicine (CAM).
2. Approaches to balance between work and home, personal and spiritual health to demonstrate the physician as a role model for self-care.
3. Key elements of effective communication described in both the clinical- and research-based literatures.
4. The basic tenets of patient-centered care and the relationship to effective healthcare delivery.
5. The role of structure and ceremony in the healing environment.
6. How personal, cultural, ethnic, and spiritual beliefs shape an individual's interpretation and experience of his or her disease and its treatment.
7. The various conceptualizations of illness, healing, and curing.
8. Patterns of healing modality use within diverse patient populations.
9. Evidence for therapeutic systems and healing modalities:
 - o Nature of research evidence
 - o Efficacy
 - o Adverse effects
 - o Clinical applications
10. The background of the most common therapeutic systems and healing modalities (e.g., basic definitions, theory, philosophy, history).
11. Training and credentialing standards for complementary and alternative medicine practitioners.
12. Reputable resources for in-depth information related to the most commonly used healing modalities.
13. Methods used to optimize healthcare through practice-based learning and improvement.
14. The role of professional leadership in healthcare innovation and change.
15. How best practices in teaching can be used to improve the education of colleagues, students, and the community about aspects of healthcare unique to integrative medicine.
16. The role of integrative and family physicians as consultants and primary care specialists.
17. The intricacies of working with a diverse medical healthcare team.
18. The breadth of unique payment scenarios encountered within integrative medicine settings.

Skills

Each fellow will be able to:

1. Assess one's own healthcare habits.
2. Implement a physician self-care program which applies an integrative medicine approach to health and wellness.
3. Use personal reflections on self-care experiences as a basis for conceptualizing approaches to patient treatment.
4. Encourage doctor-patient communication by creating collaborative relationships based on mutual respect.
5. Demonstrate skills necessary to conduct an effective initial evaluation of a patient, blending skills learned in the residency with skills that comprise the central elements of narrative medicine (i.e., active listening, patient story telling).
6. Assess readiness in a patient to improve the likelihood of success in negotiating a treatment plan.

7. Establish personal and professional boundaries to guide one's own practice of medicine.
8. Use one's intuitive sense to guide physician decision making.
9. Locate reputable information resources for integrative medicine in order to support patient care and life-long learning.
10. Evaluate patient use of alternative therapies.
11. Assess the conventional diagnostic and treatment history of patients.
12. Develop individual integrative medicine treatment plans for patients.
 - a. Consider the unique presentation, needs, and biases of patients to help guide decision-making.
 - b. Utilize databases, peer-reviewed publications, textbooks, web-based resources, experiential knowledge of colleagues, personal observation, & intuitive skills to gather relevant information.
 - c. Self examine personal beliefs and values that may bias choice of diagnostic recommendations.
 - d. Evaluate information related to integrative therapies for scientific quality & clinical relevance.
 - e. Discuss diagnostic and treatment options with patients in a collaborative fashion.
 - f. Consider the possible outcomes of integrating alternatives into the care plan of an individual patient and incorporate, if deemed appropriate based on a review of the evidence.
 - g. Write a formal treatment plan.
13. Evaluate the outcome of applying integrative medicine principles or practices to-patient care.
14. Use clinical practice guidelines to improve efficiency and effectiveness of healthcare management.
15. Develop interdisciplinary health care teams to address individual patient needs by sharing:
 - o Common language
 - o Uniform approaches to documentation
 - o Openness to interdisciplinary collaboration
 - o Coordinated approaches to patient confidentiality
16. Identify one's role in integrative medicine and an awareness of the steps needed to achieve it.
17. Effectively communicate a personal vision of integrative healthcare to others.

Professionalism

Each fellow will demonstrate:

1. Appreciation of the complex options available to patients to support their own health.
2. Awareness of the importance of balance between work and home, personal and spiritual health to demonstrate the physician as a role model for self-care.
3. Appreciation of the appropriate use of integrative therapies in the treatment of patients.
4. Sensitivity to the benefits of structure and ceremony in the practice of healing.
5. Awareness of the role intuition plays in the art of medicine.
6. Respect for the influence of personal, cultural, and spiritual beliefs on the clinical decision-making process.
7. Openness to paradigms and traditions outside of allopathic medicine that influence clinical decision-making for both physicians and patients.
8. Openness to learning from alternative practitioners.
9. Openness to a self-examination of personal beliefs and values that may bias the physicians' choice of recommendations regarding patients' healthcare decisions.
10. Compassionate understanding of patients' use of alternative therapies.

11. Respect for the role alternative medicine providers play in the delivery of health care to diverse patient constituencies.
 12. A willingness to engage in critical inquiry about diverse approaches to health and disease.
 13. Awareness of the strengths and limitations of applying evidence-based medicine principles to the circumstances of an individual patient.
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