

INMD 7577: Integrative Healing Minnesota or Hawaii Option!

Option	Length	Length	Offered	Limit	Director	Contact
Minnesota	3 weeks	Arranged individually	4B, 6A, 8B	8	Carolyn Torkelson, MD	Linda Chmielewski 612-626-5307
Hawaii	3 weeks	Arranged individually	Any	2	Ken Riff, MD & Karen Lawson, MD	Linda Chmielewski 612-626-5307

Goals & Objectives:

The primary objective of this course is to increase student awareness and understanding of complementary/alternatives medicine (CAM). Provide an overview of Holistic Medicine identifying CAM modalities useful for integration into clinical practice. Participants have the opportunity to witness complementary practitioners working in their own clinical setting.

Knowledge - As a result of this curriculum, the medical student will be able to:

- Describe the common forms of complementary therapy available in the US today
- Determine which complementary therapies may be appropriate treatment options for the common symptom complexes encountered by the primary care physician
- Become aware of community resources for the provision of specific complementary therapies
- Be aware of resources available with which to research a complementary therapy

Skills - As a result of this curriculum, the medical student will be able to:

- Interview patients about their use of complementary therapies
- Interact professionally with providers of complementary therapy
- Research the literature on a complementary therapy
- Attitudes - As a result of this curriculum, the medical student will be able to:
- View the common complementary therapies using critical thinking
- Openly discuss complementary practices with their course colleagues
- Demonstrate comfort interacting with patients who use complementary therapies
- Discuss the interaction between complementary therapies and allopathic medicine

Educational Strategies:

Course objectives will be accomplished in four ways: (1) clinical experience, (2) group discussions with course faculty, (3) Internet discussion and (4) final project and presentation.

Clinical Experience - Course participants will have the opportunity to observe complementary care providers at work in their own settings. This will allow students to experience how the theory and philosophy of a particular complementary therapy is applied in practice. These experiences will involve a minimum of one session of clinical experience with a number of assigned practitioners. The student will accompany a complementary and alternative provider in the practitioner's own clinical practice. The modalities and the practitioners using these modalities have been selected on the following basis:

- They are commonly used therapies.
- They are included in the National Center of Complementary and Alternative Medicine classification of complementary therapies.
- Practitioners are available in these disciplines to educate students.
- Physicians are likely to encounter users of these therapies in their practices.
- Principles used may be useful for the medical students in their future allopathic careers.

You will observe a majority of the following modalities:

1. Acupuncture
2. Biofeedback
3. Chelation Therapy
4. Chiropractic
5. Esoteric Healing
6. Homeopathy
7. Hypnosis
8. Kinesiology
9. Massage Therapy
10. Music Therapy
11. Naturopathy
12. Osteopathy
13. Shiatsu
14. (TCM) Traditional Chinese Medicine
15. TMJ & Craniofacial Pain Clinic

Group Discussion - Course participants will meet with course faculty each week throughout the course to introduce concepts, evaluate therapies, and provide opportunities for feedback and discussion regarding clinic experiences and case studies. Students will participate in group discussions and make short presentations on specific complementary therapies, specific applications of complementary therapies, or case histories.

Internet Communication - A Center for Spirituality and Healing Web site has been created for INMD 7577 to facilitate discussion among students and course faculty. Student participants will be required to post messages on www.csh.umn.edu at least three (3) times each week.

Final Project & Presentation - On the final day of the elective, each student will do a 15-20 minute presentation. It will be about some topic, modality, case or philosophy that the student has found of interest during the course. Some of the student presentations from previous years are available to help give students ideas of what others have done in the past.

Course Evaluation:

There will be four (4) elements of the course that faculty will evaluate:

1. Attendance at the assigned clinical rotations
2. Participation in a weekly discussion group (contribution to group discussions will be noted)
3. Internet discussion (contribution to the internet discussion will be noted)
4. End-of-course participant presentations (see previous description for details)