

INTEGRATIVE MEDICINE TRACK (PGY 1, 2, 3)

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DESCRIPTION OF EDUCATIONAL EXPERIENCE

During the course of their residency, Family Medicine residents participating in the Integrative Medicine track will increase their knowledge of complementary and integrative medicine (CIM) for common medical conditions. This longitudinal track will require residents to complete both online modules in addition to a 4 week elective block during PGY 2 or PGY3 with Integrative Medicine physicians and other CIM providers at UTMB and in the community.

EDUCATIONAL GOAL

The Integrative Medicine track curriculum provides Family Medicine residents with a focused CIM experience within Family Medicine. This experience will prepare residents for additional opportunities for Integrative Medicine after graduation including fellowship opportunities and job opportunities. During the course of their residency, Family Medicine residents will have a longitudinal experience in developing integrative approaches to common medical issues as well as developing an integrative approach to evaluation, diagnosis, and treatment of patients seeking integrative care.

LEARNING OBJECTIVES

PATIENT CARE

Goal

Residents will be able to provide patient care that is compassionate, appropriate, and effective for the treatment of health problems and the promotion of health. The resident is expected to:

Competencies

- Perform a comprehensive Integrative Medicine interview, exam, and treatment plan.
- Manage common Family Medicine acute and chronic problems with integrative therapies.
- Understand and explain common CIM therapies and when they are appropriate for patient care.

Objectives

- Perform a detailed history, physical, and biopsychosocial exam
- Develop appropriate differential diagnoses related to Integrative Medicine care
- Develop appropriate management plan for integrative patients
- Coordinate care of integrative patients with appropriate consultants and community services

MEDICAL KNOWLEDGE

Goal

Residents must demonstrate knowledge of established and evolving biomedical, epidemiological, and social-behavioral sciences, as well as the application of this knowledge to patient care. The resident is expected to:

Competencies

- Demonstrate medical knowledge of sufficient breadth and depth to practice Integrative Medicine within Family Medicine
- Apply critical thinking skills in Family Medicine care and incorporation of integrative therapies

Objectives

- Complete the online Integrative Medicine in Residency (IMR)
- Apply decision making skills while caring for patients in the outpatient setting
- Demonstrate knowledge of common conditions and integrative therapies
- Be able to explain basic integrative therapies to patients
- Describe medicinal qualities of various herbs and supplements and when they should be used
- Apply integrative medical knowledge to make clinical decisions

PRACTICE-BASED LEARNING AND IMPROVEMENT

Goal

Residents must demonstrate the ability to investigate and evaluate their care of patients, to appraise and assimilate scientific evidence, and to continuously improve patient care based on constant self-evaluation and life-long learning. The resident is expected to develop skills and habits and be able to:

Competencies

- Demonstrates self-directed learning with respect to Integrative Medicine

Objectives

- Asks for feedback and uses feedback to improve learning
- Uses evidence-based guidelines to practice integrative care
- Identify individual and system-based limitations in patient care and propose solutions for improvement

SYSTEMS-BASED PRACTICE

Goal

Residents must demonstrate an awareness and responsiveness to the larger context and system of health care, as well as the ability to call effectively on other resources in the system to provide optimal health care. The resident is expected to:

Competencies

- Emphasize safety in the care of integrative patients
- Coordinate team-based care of integrative patients
- Connect with CIM providers in the community and how to refer patients to them appropriately

Objectives

- Identify risks of integrative therapies
- Interact with other CIM providers and understand what they are able to offer patients
- Be able to discuss risks and benefits of integrative therapies with patients and their family
- Perform chart reviews of Family Medicine patients seeking integrative care
- Recognize nutraceuticals (vitamins/supplements/botanicals) and their potential interactions
- Develop plans to improve patient safety and patient care
- Accepts responsibility for integrative medicine patients and coordinates care with appropriate team members

PROFESSIONALISM

Goal

Residents must demonstrate a commitment to carrying out professional responsibilities and an adherence to ethical principles. The resident is expected to demonstrate:

Competencies

- Demonstrates professional conduct and accountability
- Demonstrates humanism and cultural proficiency

Objectives

- Presents himself/herself in a respectful and professional manner

Educational Goals and Learning Objectives

- Completes responsibilities related to patient care
- Completes clinical and administrative tasks promptly
- Negotiates professionally within an interdisciplinary team to provide quality patient care
- Recognizes the impact of culture on health in patients
- Incorporates patients' beliefs and values into patient care plans
- Partners with patients to meet their health care needs
- Review and establish appropriate self-care habits to improve resiliency in medicine
- Establish rapport with non-physician CIM providers

INTERPERSONAL AND COMMUNICATION SKILLS

Goal

Residents must demonstrate interpersonal and communication skills that result in the effective exchange of information and teaming with patients, their families, and professional associates. The resident is expected to:

Competencies

- Develop meaningful relationships with patients and families
- Communicate effectively with patients and families across a broad range of socioeconomic and cultural backgrounds
- Communicate effectively with physicians, other health professionals, and health-related agencies
- Maintain comprehensive, timely, and legible medical records

Objectives

- Use open-ended questions
- Demonstrate empathy
- Offer information in a neutral, nonjudgmental manner
- Builds rapport with patients and families
- Maintains a commitment to patient-centered care by demonstrating respect of patient health care goals
- Interact collaboratively with the medical team demonstrating respect evidenced by listening attentively, sharing information, and giving and receiving constructive feedback
- Complete medical records within 48 hours of the encounter that reflect the depth of the service provided

TEACHING METHODS

The primary venues for this content and these competencies include:

- Integrative Medicine in Residency online course
- Longitudinal clinical sessions throughout the PGY 1, 2, 3 years
- Didactic sessions and procedure workshops on Integrative Medicine topics

Educational Goals and Learning Objectives

- Online webinars and seminars as deemed necessary by course director
- Case discussion with faculty
- A 4-week elective block rotation during PGY 2 or PGY 3 year
- Outpatient experiences in Family Medicine clinic and outside clinics with other CIM providers

EVALUATION METHODS (RESIDENTS)

The resident will be evaluated by the primary faculty based on the standard six levels of competency. The attending faculty will observe the resident's skill and competence directly in the patient care context and in the learning environment as the source of information for faculty evaluation. An evaluation form is completed at the end of the rotation by each of the supervising faculty. Other methods include, but are not limited to:

- Global clinical performance rating
- Direct observation of patient encounters
- Completion of training modules
- Performance on cognitive tests (IMR evaluations)
- Integrative Medicine case discussions

EVALUATION METHODS (PROGRAM)

Assessment methods used to evaluation the program will include:

- Evaluation of Rotation form
- Information feedback sessions, such as resident meetings, resident representation on curriculum committee, and annual retreat
- Track acceptance rates into Integrative Medicine Fellowships and residents providing Integrative Medicine care after graduation

LEVEL OF SUPERVISION

Residents are under continuous direct supervision of the clinic director, clinic faculty, and hospital faculty.

RESOURCES

Recommended Readings

Integrative Medicine 4th Ed. by David Rakel, MD

<https://www.clinicalkey.com/#!/browse/book/3-s2.0-C2014001043X>

Acupuncture: A Clinical Review

<http://sma.org/southern-medical-journal/article/acupuncture-a-clinical-review/>

Caring for oneself to care for others: physicians and their self-care

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3974630/>

Conducting an Integrative Health Interview

<https://www.aaaai.org/Aaaai/media/MediaLibrary/PDF%20Documents/Practice%20and%20Parameters/March-2018-Integrative-Health-Interview.pdf>

Supporting Patients During and After Cancer Treatment: Evidence-Informed Approach to Lifestyle and Behavior Change

http://www.ascopost.com/issues/may-25-2018/evidence-informed-approach-to-lifestyle-and-behavior-change/?email=5645d06b62aa54228f8b1d472e0cc9563111080c4ebe7e17f4fca7bcc4ba49ba&utm_medium=Email&utm_campaign=TAP%20ETOC%20Emails

How Not To Die

<https://nutritionfacts.org/book/>

Suggested References

Arizona Center for Integrative Medicine

<https://integrativemedicine.arizona.edu/>

Global Advances in Health and Medicine

<http://journals.sagepub.com/home/gam>

National Center for Integrative Primary Healthcare

<https://nciph.org/public.html>

Natural and Alternative Treatments

<http://therapy.epnet.com/nat/nat.asp>