

# FPMD 7520 Family Medicine Integrative Health Elective Syllabus

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**Credit Hours: 2**

## Contact Information

Name	Position	Phone/Pager	Email
Marlana Li, MD	Director	801-755-3658	<a href="mailto:Marlana.Li@hsc.utah.edu">Marlana.Li@hsc.utah.edu</a>
Ashley Crompton	Coordinator	801-587-3408	<a href="mailto:Ashley.Crompton@hsc.utah.edu">Ashley.Crompton@hsc.utah.edu</a>

## Course Information

### Brief Description of Course

This unique elective allows the student to have an exceptional educational experience with multiple health providers within the community to enhance understanding of the wonderful network of ancillary care. During this elective, students will be exposed to health fields including, but not limited to: wellness coaching, mind-body wellness, acupuncture, exercise science, nutrition, and spiritual care.

### Course Objectives

As a result of successfully completing the Family Medicine Integrative Health Elective, students will be able to:

1. Gain exposure to the complex network integrative medicine,
2. Experience variety in health care specialties,
3. Identify community leaders who actively engage in multiple domains of wellness, and
4. Expound upon 2-3 self-identified specific learning goals pertaining to integrative health care.

## Course Format & Schedule

### Timeline

Students are expected to work 30-40 hours/week with health providers, actively engaged in educational experiences pertaining to integrative medicine.

### Educational and Instructional Modalities

Modality	Percentage
Direct and indirect patient care	100%

### Role of the Student in this Course

Students will be able to enroll for 2 weeks of elective credit for this rotation. Upon enrollment into the course, students must submit 2-3 learning goals pertaining to integrative health care, e.g. understand financial compensation for alternative /complementary health care, benefits of spiritual care on overall wellbeing, how to calculate carbohydrate quantity for a typical meal, common musculoskeletal injuries that result in decreased Disability-adjusted Life Years (DALY), etc.

Students will spend their time in clinical activities, including office and hospital visits with integrative health providers. **Four weeks** prior to the start of this elective, the student should contact the providers they want to work with and create a schedule. The student should then email the course director for approval. An example of a possible student schedule is given below. To complete the 40 hours/week requirement, the students can elect to spend time with other integrative care providers; however, this option must be approved by the course director at least 4 weeks prior to the start of the elective.

In order to successfully pass this elective, students must:

1. Submit 2-3 learning goals pertaining to integrative medicine prior to beginning elective
2. Submit documentation of the activities completed during the elective (See Activities Schedule below), and

3. Submit a subjective report of the experience expounding upon 2-3 self-identified learning goals pertaining to integrative health care. Please contact the director if you would like to write a poem/ use an alternative literary device to share your experiences/ reflection. **(NOTE: well written reports will be considered for publication in the DFPM Division of Family Medicine Blog)**
4. Read at least 5 articles from the Integrative Medicine Web Resources. Then, write a 1 paragraph summary of each article and submit it on Canvas.

The report (#2) should be at least 2 double spaced pages and should be a subjective expression of the student's experiences with the health providers. The report and article summaries are due within 2 weeks of completion of the course.

**Contact Information for integrative health providers**  
 → Please contact 4 weeks before beginning of rotation to schedule

Name	Field	Phone	Email
Amy Locke, MD	Family Medicine physician with Integrative Medicine focus -Madsen Clinic	x	<a href="mailto:Amy.locke@hsc.utah.edu">Amy.locke@hsc.utah.edu</a>
Annie Budhathoki, DAOM, L-Ac	Acupuncture and Mind-Body Wellness - Huntsman Wellness Center	801-587-4435	<a href="mailto:Annie.Budhathoki@hci.utah.edu">Annie.Budhathoki@hci.utah.edu</a>
Charlene Brenkmann, DPT, OCS Beth Kohring, DPT, OCS	Exercise Science/ Physical Therapy - Sugar House clinic	801- 587-7005 801-581-2221	<a href="mailto:utahorthocce@hsc.utah.edu">utahorthocce@hsc.utah.edu</a>
Susan Saffel-Shrier, MS, RD	Nutrition -Sugar House clinic	801-213-8845	<a href="mailto:Susan.Saffel-Shrier@hsc.utah.edu">Susan.Saffel-Shrier@hsc.utah.edu</a>
Rev. Susan Roberts, M.Div, BCC	Spiritual Care - chaplain at U of U hospital	801-587-9064	<a href="mailto:susan.roberts@hsc.utah.edu">susan.roberts@hsc.utah.edu</a>
Dr. G. Weldon Gilcrease III, MD	Integrative Oncology (Friday AMs best) - GI Oncology Division	x	Dr. Gilcrease's nurse, Stephanie Cutler at <a href="mailto:stephanie.cutler@hci.utah.edu">stephanie.cutler@hci.utah.edu</a>
Paul Thielking, M.D. Supportive Oncology and Survivorship	Oncology; mind-body/ meditation (Mondays and Tuesday best) - Huntsman Cancer Institute	801-585-0157	<a href="mailto:paul.thielking@hsc.utah.edu">paul.thielking@hsc.utah.edu</a>
Brandon Yabko, Ph.D. Psychologist Mindfulness Center Director Whole Health, VASLCHCS	Mindfulness	(801) 582-1565, ext. 2836	<a href="mailto:brandon.yabko@va.gov">brandon.yabko@va.gov</a>
Joseph Stanford, MD	Integrative Women's Health (clinic Wednesday mornings)	x	<a href="mailto:Joseph.Stanford@utah.edu">Joseph.Stanford@utah.edu</a>

Rebecca Wilson Zingg, D.O. Division of Physical Medicine and Rehabilitation University of Utah	Osteopathic manipulation, exercise programs	x	Scheduler: Drue McDaniel <a href="mailto:Drue.McDaniel@hsc.utah.edu">Drue.McDaniel@hsc.utah.edu</a>
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**SAMPLE Integrative Health Elective Activities Schedule**

Date	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Physical Therapy: Alison Stocking		Wellness Coaching: Ellen Maxfield	Acupuncture: Annie Budhathoki, DAOM, L-Ac	Integrative Oncology: Dr. Gilcrease
PM	Exercise Science: Alison Stocking	Mind-Body Wellness: Dr. Theilking	Wellness Coaching: Ellen Maxfield	Acupuncture: Annie Budhathoki, DAOM, L-Ac	Spiritual Care: Susan Roberts
EVE		Nutrition (SEE Program on Canvas): Susan Saffel-Shrier, MS, RD, Sugar House Clinic 4:30-6:00			

Date	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Spiritual Care: Susan Roberts		Integrative Women's Health: Dr. Stanford	Family Med w/Integrative: Dr. Locke	Physical Therapy: Alison Stocking
PM	Spiritual Care: Susan Roberts	Mind-Body Wellness: Annie Budhathoki, DAOM, L-Ac	Wellness Coaching: Ellen Maxfield	Mindfulness: Dr. Yabko	OM/ Exercise: Dr. Zingg
EVE		Nutrition (SEE Program) Not available at this time due to COVID-19			

**Required Textbooks/Readings**

5 Articles of student's choosing; List provided

**Additional Resources**

**General Information:**

- Eccles Medical Library, [CAM Research Guide](#)
  - To find, search for "CAM", under research guides
- National Center for Complementary and Alternative Medicine (NCCAM)
  - <http://nccam.nih.gov/>
  - <http://nccam.nih.gov/health/herbsataglance.htm>
- Natural Comprehensive Database/Natural Standard: excellent place to look up specific supplements and herbs, topic overviews and specific products

- [www.naturalstandard.com](http://www.naturalstandard.com)
- UU has subscription; linked from Eccles site
- *Integrative Medicine*, David Rakel available on MDConsult/Clinical Key
- University of Michigan web units: A number of web units reviews of specific topics both on modalities and approaches to specific conditions
  - <https://sites.google.com/a/umich.edu/fammed-modules/>
- University of Wisconsin's Integrative Medicine Website: This site has many handouts for patients and physicians with nice evidence reviews.
  - <http://www.fammed.wisc.edu/integrative/modules>
  - Supplement Sampler: evidence on a variety of supplements and herbs
    - <http://www.fammed.wisc.edu/integrative/supplement-samplers>
- University of Maryland
  - Has nice information on specific products and conditions
  - <http://umm.edu/health/medical/altmed>
- Ohio State University web units (fee for use)
  - <http://herbs-supplements.osu.edu/modules>
- [www.consumerlab.com](http://www.consumerlab.com) : Subscription site that independently tests products
- STFM Group on Integrative Medicine Wiki, on FMDRL
  - [www.im4us.org](http://www.im4us.org)
  - [www.fmdrl.org](http://www.fmdrl.org)

#### **Nutrition information:**

- [www.nutritionsource.org](http://www.nutritionsource.org): Harvard's food pyramid and great food resource
- University of Michigan Healing Foods Pyramid: Patient friendly site that provides information on recommended diets and detailed information about these foods
- [www.mindlesseating.org](http://www.mindlesseating.org): Resource for focusing specifics of eating other than what to eat
- [www.whfoods.com](http://www.whfoods.com): A good website for info on food. Has good information on specific nutritional components
- [www.glycemicindex.com](http://www.glycemicindex.com): Lists glycemic index (GI) of common foods and describes the importance of GI in health and wellness
- [www.endingthefoodfight.com](http://www.endingthefoodfight.com): Excellent resource for families dealing with obesity in children

#### **Mind-Body:**

- [www.yourpainsreal.com](http://www.yourpainsreal.com): website on Mind-Body Pain Syndrome
- [www.heartmath.org](http://www.heartmath.org) : biofeedback and stress reduction program

#### **Integrative Medicine Assessment Forms (most available on their website)**

- [www.amsa.org/healingthehealer](http://www.amsa.org/healingthehealer)
- The Bravewell Collaborative
- The University of Wisconsin
- The University of Michigan

## Assessment & Grading

	Weight	Must Pass/ Must Complete	Due Date
Assignments and Must Complete Elements			
Activities Schedule	75%		
Project Report	20%		
Article Summaries	5%		

### Grading System

Students will receive a final letter grade of PASS (P) or FAIL (F) for this course:

**PASS:** A student who achieves all of the criteria will be assigned a grade of PASS for the course.

**FAIL:** A student who fails to achieve all of the criteria for PASS will be assigned a grade of FAIL for the course.

Criteria to Pass include: A final numerical score of greater than or equal to 2.0

## Student Feedback

Providing feedback is an important aspect of your professionalism expectation, and helps with our curriculum quality improvement process. Your elective course director or coordinator will inform of you of any course feedback surveys. Surveys must be completed by the due date to demonstrate reliability for the professionalism competency.

## Standard Policies

Please refer to the Student Handbook (on the Student Affairs website) for these policies:

**Accommodations**

**Addressing Sexual Misconduct**

**Dress Code**

**Examination and Grading Policies**

**Grade or Score Appeal**

**Professionalism, Roles & Responsibilities**

**Mistreatment**

**Infectious, Environmental and Bloodborne Pathogen Exposures Policy**

## Alternate Name and/or Personal Pronoun

Class rosters are provided to the instructor with the student's legal name as well as 'Preferred' first name (if previously entered by you in the Student Profile section of your CIS account). While CIS refers to this as merely a preference, we will honor you by referring to you with the name and pronoun that feels best for you in class, on papers, exams, group projects, etc. Please advise us of any name or pronoun changes (and please update CIS) so we can help create a learning environment in which you, your name, and your pronoun will be respected.

## Center for Disability & Access

The School of Medicine seeks to provide equal access to its programs, services and activities for all medical students. The Center for Disability and Access (CDA) provides accommodations and support for the educational development of medical students with disabilities. Medical students with a documented disability, and students seeking to establish the existence of a disability, that would like to request accommodations are required to meet with the CDA to establish accommodations. The CDA will work closely with eligible students and the Academic Success Program to make arrangements for approved accommodations. The School of Medicine and CDA maintain a collegial, cooperative, and collaborative relationship to ensure compliance with federal and state regulations for students with disabilities.

Steven Baumann EdD, School of Medicine Senior Director of Academic Success Program, serves as the liaison between the School Of Medicine and the CDA.

Contact Information:

Dr. Steven Baumann, Senior Director of Academic Success Program

## **Safety Statement**

The University of Utah values the safety of all campus community members. To report suspicious activity or to request a courtesy escort, call campus police at 801-585-COPS (801-585-2677). You will receive important emergency alerts and safety messages regarding campus safety via text message. For more information regarding safety and to view available training resources, including helpful videos, visit [safeu.utah.edu](https://safeu.utah.edu).