

Integrative Medicine Distinction Track



COLLEGE OF MEDICINE

Advancing health and wellness through education, research and patient care.



**THE UNIVERSITY OF ARIZONA
MEDICAL CENTER**

2014-2015 HANDBOOK

Introduction



Andrew Weil, MD, (left) Director of the Arizona Center for Integrative Medicine; Randy Horwitz, MD, PhD, (above) Medical Director of the Arizona Center for Integrative Medicine, and head of the Integrative Medicine Distinction Track

Distinction Tracks

Distinction Tracks at the University of Arizona College of Medicine provide students with the opportunity to explore interests beyond what is covered in the normal medical curriculum. Each track is unique in its requirements, but each ensures an enriched medical school experience for participants.

Completion credit is recorded in the College of Medicine transcript for participating students, and contributes to their Dean's Letters. Prerequisite for participation is the continuing maintenance of good academic standing.

The Integrative Medicine Distinction Track

The Integrative Medicine Distinction Track is designed to allow students to independently explore and study facets of Integrative Medicine.

Online modules covering foundational aspects of the field are provided. In addition, monthly Patient Conferences, quarterly Integrative Medicine Club meetings, and occasional Grand Rounds lectures provide practical and up-to-date applications of Integrative Medicine to clinical practice. Students also may choose to participate in the University of Arizona's month-long immersive Integrative Medicine Elective Rotation. Finally, students

demonstrate mastery of one aspect of the field through the preparation of a Capstone paper with the guidance of a faculty mentor. This paper will deal with a topic of interest in the field of Integrative Medicine.

About the Arizona Center for Integrative Medicine

The Arizona Center for Integrative Medicine (AzCIM) is recognized as the premier Integrative Medicine training program for practitioners in all specialties of medicine. Since 1997, the Center has trained over 1000 healthcare practitioners worldwide, and developed programs that teach individuals at all levels of training.

Requirements for Distinction

IM Distinction Track Requirements				
	M1	M2	M3	M4
Integrative Medicine Grand Rounds	■	■	■	■
Family & Community Medicine Integrative Medicine Patient Conference	■	■	■	■
Didactic Special Topics Sessions	■	■	■	■
IM Online Modules (60 hours total)	■	■	■	■
Quarterly self-care sessions	■	■	■	■
Healer's Art Program	■	■		
Integrative Medicine Elective (optional) IMER 899a				■
Capstone Paper				■

Completion guidelines for each year are suggested, and may vary for each student.

Requirements to Graduate with Distinction

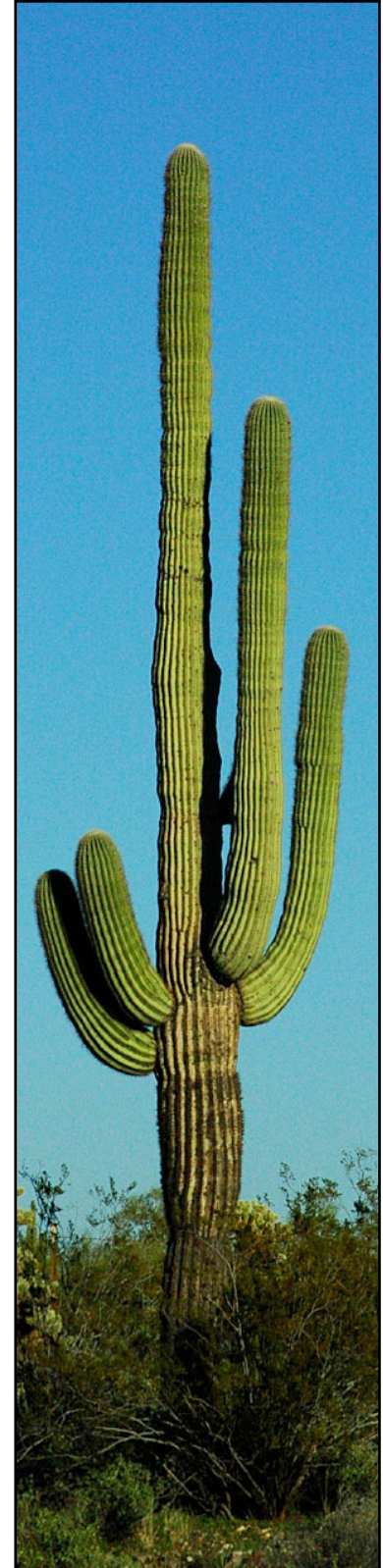
In order to achieve Distinction in Integrative Medicine, students must satisfactorily complete specific required components. These include:

- Online Modules:** There are approximately 60 hours of online modules that form the foundation of the student's studies in Integrative Medicine. They are self-paced, and must be completed in their entirety to receive credit. The modules were written by faculty of the Arizona Center for Integrative Medicine, and the topics correlate with the College of Medicine curriculum. Assigned modules must be completed prior to the start of the M3 year.
- Meetings/Lectures/Patient Conferences:** There are various meetings that are held regularly during the year. These include:
 - Didactic educational meetings that will be facilitated through the Integrative Medicine Club
 - Quarterly lectures that focus upon self-care strategies for medical students
 - Occasional special Integrative Medicine Grand Rounds lectures. We hope to bring in speakers of renown and interest to the Integrative Medicine community, and will always try to include a private session with the speaker for the Distinction Track students. These will likely be evening lectures, and will be advertised well in advance.
- Integrative Medicine Patient Conferences:** These sessions include a patient presentation by our Integrative Family Medicine Fellow, along with commentary by select members of the faculty. It is an opportunity to observe Integrative Medicine in practice, with many therapeutic options being presented. It is hosted by the Arizona Center for Integrative Medicine and the department of Family and Community Medicine. Advance email notices will be sent prior to each of these sessions, which are typically held on Friday afternoons. Attendance is expected except in the case of scheduling conflicts. Patient Conferences are held at the Arizona Center for Integrative Medicine's Mabel House (1249 N. Mountain Avenue).

Requirements for Distinction

- **Healer's Art Program:** The *Healer's Art* course is offered to first and second year students in the Winter semester, and consists of five 3-hour weekly sessions held in the evening. It was designed by Rachel Naomi Remen, M.D., and is offered at more than 50 medical schools in the U.S. The course's innovative educational strategy is based on a discovery model, and draws on tested approaches and theories from such fields as humanistic psychology, formational theory, and cognitive and Jungian psychology. This requirement may be completed in either the M1 or M2 year.
- **Optional Integrative Medicine Elective Rotation (IMER 899a):** This dynamic and exciting month-long elective rotation, held twice yearly (one per each spring and fall semester), gives medical students and residents from around the world an in-depth exposure to Integrative Medicine. Community preceptors will present introductory sessions and workshops, focusing on different modalities of integrative medicine: botanicals, homeopathy, mind/body, naturopathy, nutrition, traditional Chinese medicine (TCM), manual medicine, and energy medicine. The rotation also includes presentations by Center faculty on a variety of topics including an introduction to integrative medicine (IM), IM research, the difference between IM and complementary and alternative medicine (CAM), and IM approaches to various health conditions. Additionally, an important aspect of the rotation is a focus on personal growth and reflection. Participation in the elective rotation is optional, but highly recommended.
- **Capstone Paper and Oral Exam:** The Capstone paper gives students the opportunity to research an area of interest within the field of Integrative Medicine, and to prepare an original paper. This can either represent original research, or serve as a scholarly review of a topic of interest. Students will need to work with a faculty sponsor, and all topics must have prior approval of the Distinction Track director (deadlines to be announced). Many students find it useful to enroll in an Integrative Medicine independent study elective to devote adequate time to the production of this paper, but this is not required. The paper must be between 4000-5000 words in length (excluding references and figures), in standard journal format, fully referenced, with illustrations, and ideally ready for submission to a journal. The paper will be due during the last semester of the M4 year.
- **Recognition**

The University of Arizona College of Medicine will officially recognize students who successfully complete all requirements of the Integrative Medicine Distinction Track. Recognition of satisfactory progress will be noted on the Dean's Letter, transcripts will include special acknowledgements, and certificates of completion will be awarded.



Enrollment

Students typically enroll in the Distinction Track during the first year of Medical School. Applications are accepted between October 1 and June 15 of the M1 year. Students must be in good academic standing in order to enroll. In addition, the student is responsible for completion of all assigned first year online modules prior to the end of the M1 year at the College of Medicine.

Applying

The application process is a simple web form accessible at: <http://integrativemedicine.arizona.edu/distinction/index.html>

Contact Us

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Distinction Track Faculty

Randy Horwitz, MD, PhD

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Director of Integrative Medicine Distinction Track,
Associate Professor of Medicine

Andrew Weil, MD

Founder & Director, Arizona Center for Integrative Medicine
Professor of Medicine and Public Health
Jones-Lovell Endowed Chair in Integrative Rheumatology

Victoria Maizes, MD

Executive Director, Arizona Center for Integrative Medicine
Professor of Clinical Medicine, Family and Community Medicine and Public Health

Patricia Lebensohn, MD

Director of Integrative Medicine in Residency
Professor of Family and Community Medicine

Hilary McClafferty, MD, FAAP

Assistant Director of the Fellowship and Director of Pediatric Integrative Medicine in Residency, Arizona Center for Integrative Medicine
Assistant Professor of Medicine