



**Integrative Medicine in Residency  
 IMR-Family Medicine 2018\* Curriculum Content**

<b>Core Content</b>	<b>No. Hours</b>	<b>Core Content</b>	<b>No. Hours</b>
<b>Start</b>	<b>1</b>	<b>Pediatrics</b>	<b>7.25</b>
Orientation	1	Pediatrics & Integrative Medicine	.25
<b>Physician Wellbeing</b>	<b>4.5</b>	Integrative Respiratory Health	4.5
Physician Wellbeing	4.5	Pediatric Mind-Body Medicine	.75
<b>Prevention and Wellness</b>	<b>27.75</b>	Integrative Pediatric Neurology	1.75
Introduction to Integrative Medicine	.5	<b>Acute Care</b>	<b>1.5</b>
US Preventive Services Guidelines	.5	IM in Acute Care	1.5
Introduction to Nutrition	5	<b>Women's Health</b>	<b>5.5</b>
Micronutrients & Supplements: An Introduction	.75	Integrative Women's Health	5.5
Vitamins	1	<b>Chronic Illness</b>	<b>49.50</b>
Minerals	.5	Microbiome	TBD
Common Dietary Supplements	1	Topics in Obesity	2
The Anti-Inflammatory Diet	3.75	Integrative Cardiology	4.25
Physical Activity in Health	.5	Integrative Gastroenterology	3.5
Stress and Mind-Body	3.5	Integrative Pain Management	11
Environmental Health: An Integrative Approach	5	Introduction to Integrative Oncology	2.5
Sleep & Health	.25	Cancer Survivorship	.25
Spirituality & Health Care	3	Integrative Rheumatology	10.5
Clinical Integration	2.5	Intro to Integrative Mental Health	6
<b>Tools in Integrative Medicine</b>	<b>29.5</b>	Sleep & Dream Health: Insomnia	3
Integrative Medicine Intake	.5	Integrative Endocrinology	2
IM Treatment Plan	.25	Integrative Diabetes Care	4.5
Mind-Body Medicine in Practice	7.5	<b>Finish</b>	<b>3</b>
Motivational Interviewing: An Introduction	5	Final Assessments	3
Botanicals Foundations	8.75		
Manual Medicine	3.75		
Whole Systems Introduction	3.5		
Energy Medicine: Foundations	.25		

<b>Special Topics</b>	<b>Hours</b>
Practice Management	8
Medical Informatics	2
IMR Trivia Game	1
<b>TOTAL HOURS</b> Excludes Special Topics	<b>200</b>

\*references year learner enrolled in the program