

# Integrative Medicine in Residency



THE UNIVERSITY OF ARIZONA

Center for  
Integrative Medicine



## Integrative Medicine in Residency is. . .

A 200-hour competency-based, interactive, online curriculum in integrative medicine designed for incorporation into primary care residency education.

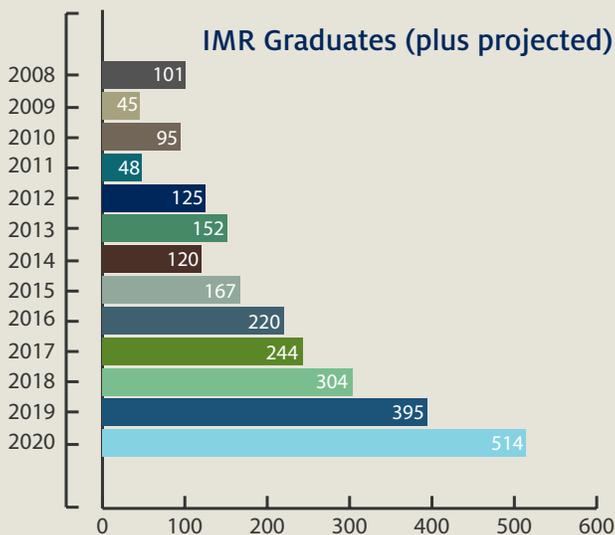
The University of Arizona Center for Integrative Medicine, in collaboration with leading experts in integrative medicine (IM), developed the Integrative Medicine in Residency (IMR) program to address the increasing demand for IM training in residency, for both residents and faculty.

Launched in 2008 with eight pilot sites, IMR has expanded across the United States, into Canada, and other international programs. It serves as the national model for incorporating IM topics currently not included in conventional medical education. IMR was presented the “Innovative Program Award” from the Society of Teachers of Family Medicine (STFM).

### Features of the IMR program:

- 24-hour access for residents and faculty
- Easily incorporated into existing curricula
- Aligns with learning objectives within the ACGME core competencies domains
- Scalable depending on unique program needs
- Faculty learning with CME available
- Annual Faculty Development Meetings
- Monthly site leadership calls
- Resource Library for faculty, including adjunct teaching materials, presentations, and handouts

Integrative Medicine (IM) is healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies.



The IMR curriculum is revised regularly to provide up to date evidence-based Integrative Medicine content. IMR provides in course links to relevant, evidence-based, peer-reviewed publications and incorporates novel online interactive teaching strategies. The IMR enhances the residency curriculum and fills gaps in conventional Graduate Medical Education through courses such as:

- Integrative Approaches to Pain Management
- Physician Wellbeing (meets many ACGME common program requirements for assessment and education)
- Nutrition
- Vitamins, minerals, and common supplements
- Mind-Body techniques and tools and much more

“Integrative Medicine education should begin in medical school, but I believe including it in residency training is a higher priority. It is during residencies that attitudes and behaviors of physicians are formed. This is when exposure to an IM curriculum can be most effective.”

– Andrew Weil, MD, 2018

#### **Benefits to your Program, Residents, and Faculty:**

- Enhances resident recruitment and program branding
- Meets many of the ACGME requirements for physician well-being assessment and education
- Helps residents address patient questions about complementary and alternative therapies
- Serves as a faculty development tool and provides basic IM skills and tools to provide integrative approaches in a clinical setting.
- Resident learn integrative approaches to common conditions- learning the allopathic approach blended seamlessly with the evidence-based recommendations for supplements, dietary, mind-body, manual medicine, botanicals and more.



**[www.azcim.org/imr](http://www.azcim.org/imr)**  
**[www.azcim.org/IMRvids](http://www.azcim.org/IMRvids)**

**contact email: [azcim-residency@email.arizona.edu](mailto:azcim-residency@email.arizona.edu)**

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