

LEAPS

Leadership & Education Program for Students in Integrative Medicine

2011 LEAPS into IM Projects

Monthly Salons

Informal monthly meetings to foster and support interest and education in Integrative Medicine

AMSA Integrative Medicine Scholars Program

Bi-monthly webinar series introducing various IM topics to a select group of 20 medical students from across the US and Canada.

Rush Medical College Mindfulness Based Stress Reduction Retreat

A two day, mindfulness-based stress reduction retreat for medical students at Rush University.

Integrative Medicine Overview Lecture

The integrative overview lecture will be given this year during the lunch hour as a pilot lecture for incorporation into the standard curriculum.

M.E.D.yoga / Embodied Health Elective

M.E.D Yoga, a program designed specifically to help medical students deal with the pressures of medical school while teaching about the neurobiological effects of yoga.

PINACLE Community Leader Peer Education Pilot

Leaders at a Newark community church are trained in nutrition, exercise and adult education approaches and design a longitudinal project to pass on the information to their congregation and community. Their introductory project included designing a breakfast menu for the congregation and presenting an interactive session healthy lifestyles.

Holistic Health and Integrative Medicine Elective

This two hour elective will be held every Monday for 10 weeks. Each week, we will bring a guest speaker to focus on one field in integrative medicine. These will include nutrition, acupuncture, TCM, Ayurvedic Medicine, Qi Gong, herbal medicine, mind-body medicine, hypnosis, osteopathic manipulation and cranio-sacral therapy.

Music Therapy Night and Recess: Art Show!

At Music Therapy night, a board-certified music therapist described the scope of her work and engaged the 40-student audience in a group music therapy session.

Integrative Medicine Interest Group

Started a student interest group for medical students. Have been having monthly meetings to foster and support interest and education in Integrative Medicine. Every other month, have been having experiential meetings (i.e. acupuncture, meditation) for students.

Reiki Workshop for Medical Students

First and second year medical students could elect to participate in a full day Reiki workshop/training at a discounted rate.

Holistic Medical Society

Through a new interest group, the Holistic Medical Society, medical students at Texas A&M Health Science Center were introduced to holistic ways to heal patients, considering the whole person: mind, body, and spirit, using appropriate therapies, both conventional and alternative. Not only did the society focus on introducing integrative medicine, but it also aimed to educate medical students on the importance of self-care, so that they could promote patient healing through their own health.

Acupuncture Workshop for Medical Students

My project goal was to increase awareness of complementary and alternative medical therapies among the students at my school. I created a three minute long prezi presentation about various CAM therapies that was run for several days on the televisions in the common areas of the school. Also, I made "CAM Week" inserts that were placed in our school's M&E slots in the bathrooms, also covering the philosophy behind different CAM therapies. On the weekend following my unofficial "CAM Week," I had a physician who uses acupuncture in his practice come to our school to give a two-day, 14 hour long course on medical acupuncture.

Whole Foods Cooking Demonstration

We invited medical students, dental students, faculty and staff to attend an evening cooking demonstration. Approximately forty participants ate a plant-based meal that we had prepared previously that day, while they watched us make that same meal in front of them. The three dishes included a Quinoa Avocado Salad/Wrap, Spinach Poached Eggs and Kale with Almonds and Currants. Throughout the demonstration, we also explained how each of the food items promotes health--this portion was particularly well-received by the scientifically-minded medical and dental students.

Integrative Medicine Overview Lecture

The integrative overview lecture was given this year during the lunch hour as a pilot lecture for incorporation into the standard curriculum. Providing lunch ensured a great turn-out. The purpose of the talk was to generate interest in the student and to funnel that interest into lobbying for a more permanent place in the traditional curriculum in the years to follow.

Integrative medicine referral system

Over the past year, I helped assemble experienced, local practitioners in integrative medicine and helped to make their therapies available for the UMass Memorial Medical Center in Worcester, MA. By extensively researching a range of modalities including acupuncture, Reiki, Tai Chi, massage, Tibetan medicine, polarity therapy, herbal medicine, osteopathic manipulation therapy, chiropractic, yoga,

Ayurvedic, music therapy, and clinical hypnosis, I recruited 70+ practitioners to present their respective therapies in a health fair-like format at the medical school.

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Modern & Indigenous Medicine for the Underserved in Kenya

My project provided an opportunity for 4th year medical students to experience a month long clerkship in Kenya, providing many clinical and personal opportunities to experience modern and traditional medicine for underserved populations in urban slums, rural hospitals, and village clinics. The students also learned the philosophy behind shamanic Maasai healing. Furthermore, this project is sustainable and I soon will give a presentation on it at my school for the next round of 4th year students.

Free OMM Clinic

Hosting a one day free OMT clinic at a local South Carolina community health center. This project changed into establishing an educational free OMT fellows clinic at the Mesa, AZ campus once I became a pre-doctoral OMM teaching fellow half way through the year.

Healing From Within

Through this project I researched the impact and health benefits of calm abiding meditation as taught in Tibetan Buddhist practices. I studied and practiced with Buddhist lamas, monks, and nuns, first in Upstate New York and then in Northern India. Having been on an enrichment year, upon returning to medical school, I plan to present such experiences and techniques to interested students during an Integrative Medicine Club meeting.

WHOLE: Wellness Hour on Living Education

The WHOLE program involved 4 lunch-time experiential education hours throughout the 2011-2012 school year (twice a semester). This revolved around stress reduction and centering techniques including mindfulness meditation, stress-reducing herbal remedies, acupressure/puncture and restorative yoga poses. These were provided to 16-person class of the JMP 2013 cohort (UCSF 2015) and were intended to provide student's a first-person experience of some techniques that they might find personal benefit in or may better understand patients who report using these techniques.

Clinical Hypnosis seminar at the Integrate Chicago 2012 conference

I attended the Clinical Hypnosis Workshop through the American Society of Clinical Hypnosis (ASCH) in Oak Brook, IL on September 22nd-25th, 2011, using the project grant to fund my tuition. I then shared the learned skills with the Chicago medical community by offering the first student run session at the 8th annual 2012 Integrate Chicago (IC) conference.

Integrating Humanism into Medicine

Research shows a decrease in empathy as medical students march through medical school. This is accompanied by an increase in cynicism and a loss of ability to identify with patients. My goal (both for this project and for life), is to help lessen this hardening of future physicians and to uphold humanism in medicine. I searched, read and put together stories/poems/essays with relevance to medical humanities

into a thematically organized resource which I distributed to Clerkship directors at my school. I also put together an Ethics Event in which we had two doctors present their most emotionally challenging case of end of life care, and asked students "what would you do?" and "how would you do it?"

Detroit-area Fresh Fruit and Vegetable Resources

Detroit, Michigan has been labeled by some sources as a "food desert" and currently faces high rates of unemployment, poverty, and chronic diseases. The purpose of this project was to develop a brochure listing local grocery stores, community gardens, and farmers markets to distribute to free health clinics.

Self-Care in Clerkship: Taking Care of Ourselves in order to Take Care of Others

I developed a cookbook based on principles of holistic nutrition. The premise for the cookbook was simple: healthy recipes that were easy, accessible, and innovative. It was aimed at fellow medical students with busy schedules and minimal free time. If I could change the eating habits of physicians at an early stage of training, they may be more likely to initiate discussions of healthy eating with their patients. The cookbook was unveiled in conjunction with a seminar on how to incorporate healthy eating into one's busy life. It was led by a holistic nutritionist based out of Toronto, whose humour and passion resonated with all of the participants. Healthy snacks were made available by The Hot Yam, a student-run, local and vegan food collective based out of the University of Toronto.

Medical Student Wellness

I took a survey of medical student wellness, stress level, engagement in self-care activities and assessed the interest of more avenues of self-care at our school. I connected with the Holistic and Integrated Medicine Interest Group to promote more awareness of integrated medicine in our community. We also connected with the students and teachers in the Masters program for Complementary and Alternative Medicine at Georgetown to help build a bridge between the two schools. We organized events such as meditations, talks, and workshops to promote integrated medicine.

Integrative Medicine and Holistic Health Elective Course

This was the first year of the Holistic Healing and Integrative Medicine elective at Mount Sinai. The two-hour, hands-on, interactive class was held every Monday evening for 10 weeks in the spring semester of 2012. There were 24 MS1-MS4 participants. Each week, we brought a guest presenter to focus on one field in integrative medicine. These will include nutrition, acupuncture, Traditional Chinese Medicine, Ayurvedic Medicine, movement therapies such as Tai Chi and Qi Gong, herbal medicine, mind-body medicine, hypnosis, and hands-on body work such as osteopathic manipulation and cranio-sacral therapy.

BODY Community Garden

A fall open house was held for the BODY Community Garden to introduce students, faculty and staff and the surrounding Bronx community to the space that in the spring would be used as a vegetable and herb garden. Attendees participated in a drum circle, listened to local musicians and enjoyed baked goods and cider. Attendees gathered to learn about and support the continuing work of the student group BODY: Bronx, Obesity, Diabetes and You in working with the northeast Bronx community to create a space for recreation, group meetings, and a vegetable and herb garden.

2012 LEAPS into IM Projects

AMSA's Integrative Medicine Scholars Program

The program will consist of 1-2 hour online webinar meetings every third week. It runs from October 2012 through April 2013. The online meetings will be run by a guest speaker or a panel of speakers on a given topic. Prior to the meeting, scholars will be expected to read literature assigned by the speakers. The presentations will be interactive and scholars are expected and encouraged to participate and share. Evidence based medicine assignments, such as journal searches and research analysis/presentation, will be included in each session. Scholars will be expected to read scholarly articles and do one journal search activity that he/she will share with the group during the year. Each scholar will create a project in a box that will be available to all AMSA medical students to share with their campuses to broaden the outreach of the program. Feedback will be obtained from each participant after each session via a web-based evaluation form. This will be used to improve the program in the future.

CHIMPS (Chicago Holistic and Integrative Medicine Program Series)

The Chicago Holistic and Integrative Medicine Programming Series (CHIMPS) is a series of quarterly events focused on Integrative Medicine (IM). The main goal of CHIMPS is to develop and expand the network of students and providers who are interested in and/or currently practice IM in Chicago.

Creighton Integrative Medicine Experience

A two part program consisting of 1) A monthly dinners hosted at participants homes, where nutritious meals will be shared, and nutrition and wellness will be discussed; 2) An afternoon of experiential learning with speakers from integrative medicine, yoga, meditation, and acupuncture backgrounds.

Integrating Integrative Medicine

The purpose of my project is to present integrative medicine in a light that emphasizes its confluence with the other areas of a medical student's life and the field of medicine at large.

Meditation Room

I plan on creating a meditation space, where students can gather weekly and practice various forms of meditation. This will serve as an opportunity for students to sign up to lead a meditation, or just be present with other students who need to unwind.

Integrative Medicine Interest Group

The Integrative Medicine Interest Group will expose students to various Integrative Medicine modalities via lectures, discussion, and first-hand experiences. We will employ educators both from the University of Louisville and the Louisville community of Integrative health practitioners, as well as student-led learning exercises.

Integrative Medicine for the Clinician

The aim of this project is to create an elective course that introduces medical students to Integrative Medicine with a clinical emphasis. All the sessions will have a didactic portion followed by a practical component. Moreover, the school will reviewed and keep the curriculum so that the class can be continued as long as students are interested.

Sugarbuster's Wellness Night

This project is aimed to introduce the idea that mind, body, and spirit are interconnected and the importance of community health to a group of low-income diabetic patients at the Biddeford Free Clinic in Maine. This will be accomplished by holding a wellness night at the clinic.

Education and Exposure to Integrative Musculoskeletal Health

The goal of my project is to promote education and awareness for integrative musculoskeletal health. The event is intended for medical and osteopathic students in the Philadelphia area who are interested in medical specialties involving musculoskeletal health.

Yoga in Clinical Medicine Lecture Series

The purpose of this project is to provide medical students with an understanding of how yoga can be used to improve the health and wellness of themselves and their patients from a scientific approach.

The Evidence-Based Integrative Handbook for Medical Students

Depression, anxiety, and sleep disorders are common in medical students and can be treated with integrative medicine. However, medical student exposure and education to integrative medicine is lagging behind patient use. We aim to increase knowledge and wellness with an evidence-based integrative handbook for medical students.

Twin Cities Integrative Medicine Electronic Directory

My goals for this project are to compile integrative medicine organization and practitioner names, along with a brief description of services, and to put these resource names and descriptions into an easy-to-access, easy-to-use, organized by modality/specialty, and readily editable website format directed at both medical students anyone with access to the internet.

Resilience in Medicine Workshop

We plan to hold a 2-part "Resilience in Medicine" workshop in which we will have 4 local physicians teach mindfulness-based stress reduction skills including sitting and loving-kindness meditation and yoga. The event will include a healthy lunch and time for small group discussions. Students from all 4 classes are invited.

MED Yoga

MED Yoga is a program at Boston University School of Medicine. It aims to expose students to the benefits of yoga and breathing exercises while teaching specific practices students can use for their own wellness and the wellness of their patients. The program offers weekly yoga classes and guided breathing sessions before exams.

Integrative Medicine for Medical Students

This project will provide medical students with a greater understanding and familiarity with integrative medicine approaches. Six exposure workshops will explore the technique, practice and research support linking yoga, nutrition, massage, acupuncture, and Aboriginal medicine to health. Instruction will be provided by experienced guest speakers, with emphasis on hands-on experiences.

Breath of Fresh Air

The goal of this project is to teach HEALing Clinic patients at Bread for the City, George Washington University's (GWU) student run clinic for Washington D.C.'s underserved community, a few simple breathing and relaxation techniques while they wait to be seen by the attending doctors.

Words to Live By: A Creative Writing Workshop for Medical Students

Words to Live By is a creative writing workshop meant to provide Mount Sinai medical students with a creative and therapeutic outlet for processing their experiences during medical school as well as a forum to improve their language and communication skills.

Students for Integrative Medicine (SIM) Suppers

Cooking is a practice we can incorporate into our lives to take a more proactive role in our health. However, it is daunting to attempt cooking without having been trained. I plan to co-lead cooking demonstrations to teach students and health care practitioners to prepare simple, nutritious and affordable meals.

De-stress: Integrative Medicine in the Third Year

The third year of medical school is a uniquely challenging time, where students are often isolated, yet exposed to demanding clinical encounters. This project aims to introduce the concept of Integrative Medicine as a means of self-care to combat the stress.

Yoga Series: Yoga as a Platform for Integrative Medicine Education

I intend to use a series of yoga/meditation classes as a platform for an experiential journey into the heart of the concepts of integrative medicine. My goal is to see how the experience affects participants understanding of integrative medicine and its applications.

Food as Medicine Workshop

Through an in-person workshop, we will teach medical students and staff about healthy food and mindful eating with the goal of improving self-care and patient care.

Humanistic Medicine Interest Group

Through a new, humanistic medicine interest group at Oakland University William Beaumont SOM, medical students will be exposed to various treatments and modalities that pertain to the whole patient, including the integration of mind, body and spirit.

Mindfulness In Medicine Student Elective Course

A substantial body of evidence demonstrates the effectiveness of structured mindfulness programs in reducing healthcare worker burnout, increasing physician and patient satisfaction, and preventing medical errors. This pilot project will create an elective course exposing various mindfulness techniques to medical students at the UWSMPH.

Wellness Day

In response to a school-wide survey demonstrating the amount of stress experienced by medical school, student leadership has planned a Wellness Day for the entire M1 class and their M2 buddy counterparts. This event will provide workshops on different stress reduction techniques that will benefit students and introduce integrative modalities.

Einstein is What Einstein Eats!

As the non-communicable disease paradigm increasingly defines our medical landscape, preventive care continues to emerge as always more important. Still, important nuances related to the correlation between nutrition and good health eludes many classmates. I am planning a series of events to explore this topic and address this discrepancy.

Evaluating Sleep and Student Well-being Through Guided Relaxation: A Pilot Study

The goal of the project is to improve sleep and medical student well-being via participation in a specific guided meditation practice. The objectives are to lead a 6 week guided meditation series virtually, encourage participants to develop a home practice and measure sleep and well-being through validated surveys.

2013 LEAPS into IM Projects

Nutrition Workshop

We are starting workshops during our St. Vincent's clinic during the patient's waiting room time.

Quantifiable Benefits of Ornamental Plants on Post-Surgical Outcomes

We will deliver ornamental plants to patients recovering from surgery (likely heart-valve replacement) and contrast their vital signs, pharmaceutical intake, length of stay and post-stay satisfaction survey with controls to see if there are quantifiable benefits to providing these patients with ornamental plants in their recovery room.

Aliveness, Ease and Joy: Contemplative Compassionate Care Retreat

In this day and a half retreat, incoming first year medical students will explore what it means to stay connected to our empathy, compassionate action, and ethics. Our time will be spent in experiential learning, talks with spiritual care professionals and chaplains, exploring clinical vignettes, reflection/narrative medicine, and contemplation.

Chicago Holistic & Integrative Medicine Programming Series (CHIMPS)

CHIMPS was started in 2012 with LEAPS micro grant funding. This year, we are continuing the program. CHIMPS will bring together the integrative medicine community of Chicago for a luncheon lecture series on integrative medicine. Our goals are to provide an introduction to integrative medicine and foster a network of like-minded individuals.

MEDYOGA

I am proposing to continue and expand the "MEDYoga" initiative, developed by former LEAPS participants from Boston University School of Medicine (BUSM). I am hoping to reach two new populations of students: students who have little to no experience practicing yoga and students who typically practice more "high intensity sports."

Journeys Into Integrative Medicine

Since many medical students have not been exposed to how to incorporate IM therapies into practice this project will help students get an idea of how to incorporate IM into their future practice. Practicing IM physicians will focus their lecture on their journey towards their current practice in IM.

UST Health & Wellness Fair

This project will raise awareness about IM among health professions students enrolled in the UConn Urban Service Track (UST). It will provide a venue for these medical, dental, pharmacy, nursing, PA, and

social work students to sample various IM practices through small, hands-on workshops and mini-presentations in a fair-type setting.

Integrative Medicine Primary Care Day

The Integrative Medicine Primary Care Day will bring together 100 medical students and other health professions students from schools around Philadelphia to discuss integrative medicine in the frame of primary care.

Boston University School of Medicine Meditation Initiative Pilot Program

The BUSM Meditation Initiative has established a pilot program to teach medical students meditative techniques. During eight one-hour group sessions, students will meditate together, discuss their experiences, learn how physicians may use the benefits of meditation in their practice, learn the effects of meditation, and build a meditating community.

Attending the National Student Conference for Integrative Medicine

This project would pay for the application fees for 5 medical students to attend the National Student Conference on Integrative Medicine in Chicago, Illinois.

Integrator's Day

Integrator's Day will showcase different modalities of treatment options and self care. By both hands-on demonstrations and lecture workshops, the experience will be one of a kind for both medical professionals and general public to experience.

Interprofessional Integrative Medicine Student Camp

Increasing IM awareness within the CoM and other health sciences colleges. Increase the want for more IM in curriculum and a greater focus around whole person medicine and self-care in professional colleges.

The BaM Project (The Body and Mind Project)

The BaM Project seeks to create a safe space for the students to consciously engage in the discussion and practice of self-care, stress and wellness management as well as create a forum for the introduction and exploration of the field of Integrative Medicine and its diverse forms of practice.

OHSU Introduction to Integrative Medicine Elective

The proposed Integrative Medicine Elective will bring together allopathic medical and nursing students with practitioners of integrative medicine in the Portland metropolitan area. The goal of the elective is expose students to different IM modalities each week, combining discussion of evidence based articles with a short lecture, demonstration, and experiential learning opportunity.

Integrative Medicine Lectures

3 Mandatory Integrative Medicine Lectures as part of the Introductory Clinical Medicine Course for 1st and 2nd years. Lectures to include Intro to Integrative Medicine, Acupuncture and Pain Management.

Hoya Clinic Mind-Body Medicine Program

Georgetown Medical School offers an elective course in mind-body medicine to first-year medical students. The class teaches mindfulness techniques and is popular among students; faculty members have also become involved. I propose that we bring a version of this class to Hoya Clinic, our student-run free clinic in Southeast Washington, DC.

JHUSOM Wellness Workshops

The goal of our project is to hold monthly wellness workshops for the incoming first year class of Johns Hopkins Medical Students. The workshops aim to help students consider and prioritize their own wellbeing, and to teach concrete self-care skills.

Acupuncture for Addiction

Offer free weekly acupuncture to clients of a local addiction clinic.

Mindfulness Program at the Porchlight Homeless Shelter, Madison, WI

A monthly mindfulness meditation, gentle yoga, and relaxation class to support the mental and physical health of the residents of the Porchlight Homeless Shelter in Madison, WI.