Leadership and Education Program in Integrative Medicine

Participants Create Sustainable Projects that Improve Medical Education

Bethany Brady[1], Rachael Maciasz[2], Katherine Tully[3]

[1]AT Still University School of Osteopathic Medicine, [2]SUNY Downstate Medical Center, [3]George Washington University School of Medicine

Background

- LEAPS into IM is a weeklong leadership training in Integrative Medicine
- Mission: to educate future physician scholars in evidence based IM and leadership skills
- LEAPS participants design and implement an IM project in the year following the training
- Projects meet the need for increasing interest for IM education in medical school

Methods

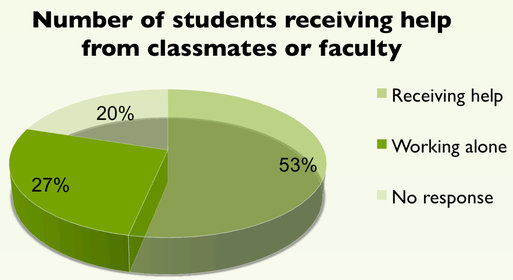
- LEAPS participants create an action plan for a project during training
- Participants apply for an AMSA Foundation Grant for funding
- Participants implement IM project in the year following participation in LEAPS
- Quarterly check-ins for support
- Data collection on success and impact of project

Results

LEAPS Projects Broad Outreach Affects Students, Faculty, and Medical Education Institutions

LEAPS Outreach Number	Raw
LEAPS Participants 2011	30
Projects Implemented	24*
Medical Education Institutions Involved	40
Medical Students Reached	> 700
Medical Faculty Reached	> 100

* Number less than 30 because LEAPS participants partnered to complete projects



Highlighted Sustainable LEAPS 2011 Projects

Institution and LEAPS Participants	Project Title and Description	Impact of Project
Boston University College of Medicine Emily Hollick	M.E.D. Yoga Yoga program designed to help medical students cope with the pressures of medical school while teaching about the neurobiological effects of yoga	Massive Student Participation Integration of Yoga into Medical Education Curriculum Publicized by Huffington Post and NPR
Albert Einstein College of Medicine Lindsey Fuller	Bronx, Obesity, Diabetes, and You (BODY) Community Garden Student group dedicated to combating the obesity and diabetes epidemic in the Bronx through action-based projects. Community Garden Space for activism	40 students, 10 faculty and staff and 15 community members. Reached Einstein staff and the surrounding Northeast Bronx community
Mt. Sinai School of Medicine Ellie Weiner	Holistic Healing and Integrative Medicine Elective A two-hour, hands-on, interactive class 10- week class. Each week a guest presenter focuses on one integrative medicine discipline: Nutrition, Acupuncture, Traditional Chinese Medicine, Ayurvedic Medicine, movement therapies, osteopathic manipulation, etc	24 medical students participants 1 MPH student Integration of IM into Medical Education Curriculum
University of Massachusetts School of Medicine Vincent Mitchell	Integrative Medicine Referral System 70+ practitioners present respective therapies at a health fair at the medical school and create an informal integrative medicine referral network and the foundations for a formal referral system	100 students (medical, nursing, graduate) 100 conventional health care providers 200 community members

Conclusions

- LEAPS participants create sustainable, interactive projects to increase awareness of IM at medical education institutions
- LEAPS participants create projects that build lasting relationships with their communities
- LEAPS participants learn, practice, and teach skills necessary to become leaders in IM at their home institution and beyond
- LEAPS participant's projects are a unique model for sustainable change in medical education and foster the development of IM curriculum for medical students

Acknowledgements

Kripalu
exploring the yoga of life.

Funding Source:
AMSA Foundation

Consortium of Academic Health Centers for Integrative Medicine

The WEIL Foundation