

American Medical Student Association

AMSA Academy

INTEGRATIVE MEDICINE SCHOLARS PROGRAM (IMSP)

2017-18

First & Third Wednesdays, 8-10 PM EDT/EST

Course Directors: Monica Mureb, Nicole Zambolla, Jenny Rakitina

Course E-mail: imsp@amsa.org

Grading: Pass/Fail (see below for completion requirements)

I. Course Description

AMSA recognizes the potential of non-Western Medicine and encourages evidence-based, peer-reviewed research regarding integrative, alternative, and complementary medicine. Integrative Medicine (IM) takes into account the whole person and emphasizes the partnership between the patient and practitioner to heal the mind, body, and spirit. As the general public becomes increasingly aware of various complementary and alternative treatments, health practitioners must also become knowledgeable of these various modalities. IMSP will not only introduce participants to the wide array of tools they may incorporate into their treatment of patients (e.g. acupuncture, yoga, nutritional interventions, etc.), it will encourage and facilitate personal use of self-care techniques (e.g., journaling, meditation).

The online series of interactive lectures, beginning October 2017 through March 2018, will include activities that will widen participants' perspective on medicine as told by experts in the field. Scholars will be encouraged to discuss topics, network, and work together throughout the course.

II. Course Objectives

By the end of the Integrative Medicine Scholars Program, scholars will be able to:

Knowledge

- Be leaders in the Integrative Medicine community.
- Develop a network of colleagues and mentors within IM.

Skills

- Introduce communities to alternative medicine modalities with confidence and knowledge.
- Apply integrative self-care techniques to promote self-exploration and self-improvement.
- Recognize the appropriate use of conventional and alternative methods to facilitate healing.

Attitudes

- Develop a respect for the strengths and limitations of applying evidence-based medicine principles to the circumstances of an individual patient.
- Develop a respect for the potential effectiveness of a variety of healing approaches.
- Understand the therapeutic relationship between practitioner and patient.

III. Format and Procedures

Program Dates

- The program will run from October 2017 – March 2018 on the first and third Wednesday of the month, 8-10 PM EDT/EST.

Learning Platform

- The course will be conducted via webinar using Moodle, an online-based learning platform.
- You will need access to a computer equipped with audio. Many computers come equipped with microphone and webcam. We will encourage the use of these features.

Homework

- Each scholar will be required to:
 - o Participate in the Generous & Reflective Listening activity and discussion.
 - o Write a reflection paper on an IM modality experienced outside of webinar sessions.
 - o Read corresponding articles before each webinar and answer a short, five-question quiz.
 - o Participate in group discussions and research topics prior to a webinar.
 - o Watch the documentary “Fire Escape” prior to the discussion & actively engage.

Project

- Each scholar will be required to create a “Project-in-a-Box” that will be available to all medical students/scholars to increase the knowledge of Integrative Medicine and may be presented at AMSA Convention March 2018.

AMSA Convention

- Interested scholars may participate with the IMSP Team at AMSA Convention March 2018. More details TBA.

Course Credit

- Students may be able to receive elective credit from their schools for this course. While AMSA unfortunately cannot grant elective credit at this time, we are happy to support you with documentation that will aid you as you seek elective credit.
- Each scholar that completes the requirements outlined in Section V below will be provided an official Certificate of Completion.

IV. Expectations of Scholars

Scholars are expected to:

- Participate in all sessions. If you cannot attend one of the classes, please inform the course directors of the expected absence.
- Complete all homework assignments before a session begin.
- Complete a final project titled “Project-in-a-Box” to promote IM advocacy.
- Remain open-minded and respectful of others views.
- Scholars are expected to complete all quizzes before the beginning of class and all post-webinar evaluations to help improve the program.
- Scholars will be highly encouraged to attend the AMSA National Convention held on March 8-11, 2018 in Washington, D.C.

V. Completion Requirements for Certification

- **Class attendance**
 - o *Domestic Students and International Students in the Caribbean and the Americas:*
 - Must attend 80% of webinars
 - Can watch up to two recorded webinars and complete a reflection of the webinar to obtain make-up credit for attendance

- Complete quizzes at the beginning and end of each webinar
- *International Students in Europe, Asia, Africa, and Australia*
 - Must watch 80% of recorded webinars 48 hours after the original session
 - Submit a SHORT reflection of the webinar to the co-Course Directors 72 hours after the original session
 - Complete quizzes at the beginning and end of each webinar
- **Participation policy:**
 - Must post to 80% of online discussion questions

VI. Inclusivity Statement

We understand that our members represent a rich variety of backgrounds and perspectives. The American Medical Student Association (AMSA) Scholars Program is committed to providing an atmosphere for learning that respects diversity. While working together to build this community we ask all members to:

- share their unique experiences, values and beliefs.
- be open to the views of others.
- honor the uniqueness of their colleagues.
- appreciate the opportunity that we have to learn from each other in this community.
- value each other's opinions and communicate in a respectful manner.
- keep confidential discussions that the community has of a personal (or professional) nature.
- use this opportunity together to discuss ways in which we can create an inclusive environment in this
- course and within the AMSA community.

VII. Course Schedule: (Subject to change based on schedules of presenters.)

Please refer to the IMSP Moodle site to find required content for each week.

Date	Topic	Guest Speaker:
October 4, 2017	Introduction to IMSP	The IMSP Team: Monica, Nicole, & Jenny
October 18, 2017	Defining IM & CAM	Dr. Kathryn Hayward: Self-Care, Integrative Health & Your Health
November 1, 2017	Mind Body Medicine	Dr. Len Wisneski: Psychoneuroimmunology: The Physiology of Behavioral Health
November 15, 2017	Whole Body Medicine	Hilary Garivaltis: Introduction to Ayurveda
December 6, 2017	Integrative East-West Medicine	Dr. William Hendry: Everything You Wanted to Know About Acupuncture
December 20, 2017	Integrative Interventions	Dr. Sat Bir Singh Khalsa: Yoga as a Preventive & Therapeutic Intervention: Prevalence Mechanisms & Research
January 3, 2018	Professional Practices of IM	Dr. Justin Laube Practicing IM in a Clinical Setting
January 17, 2018	IM & Healthcare	Movie Club: Escape Fire: The Fight to Rescue American Healthcare

February 7, 2018	Manual Therapy	Dr. Reem Abu Sbaih: Introduction to Osteopathic Medicine
February 21, 2018	Nutrition	Dr. Kristi Dyer: Food as Medicine: Evaluating the Healthfulness of Various Eating Guidelines
March 7, 2018	Individualized Medicine	Dr. Robert Rountree: Introduction to Functional Medicine
March 8-11, 2018		AMSA Annual Convention & Exposition
March 21, 2018	History of Integrative Medicine	John Weeks: Battles and Collaborations in the Evolution of the Integrative Medicine and Health: History & Hot Topics