**American Medical Student Association**

**AMSA Academy**

**INTEGRATIVE MEDICINE SCHOLARS PROGRAM**

2016-17

***Wednesdays, 8-10 PM EDT/EST***

**Course Director:** Monica Mureb

**Vice Director:**  Nicole Zambolla

**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. The Integrative Medicine Scholars Program (IMSP) will not only introduce scholars to the wide array of tools they may incorporate into their treatment of patients (e.g., acupuncture, yoga, herbal medicine, nutritional interventions, etc.) it will encourage and facilitate personal use of self-care techniques (e.g., journaling, meditation).

**II. Course Objectives**

By the end of the Scholars Programs, scholars will be able to:

Knowledge

* Become leaders in the Integrative Medicine community
* Develop a network of colleagues and mentors within the Integrative Medicine community.

Skills

* Introduce their medical 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 Scholars Program will consist of weekly webinars with guest speakers and small group sessions to discuss final project details.
* The program will run from October 2016 – March 2017 on Wednesdays, 8-10 PM EDT/EST.

Learning Platform

* The course will largely be conducted via webinar using an online-based web conference platform. You will need access to either a phone or a computer equipped with audio.
* Many computers come equipped with microphone and webcam. We encourage you to use the audio and video options equipped within the video conference platform to facilitate online learning.

Homework

* Weekly homework will usually consist of articles, publications, media clips, short stories, a discussion question, or reflection response.
* A short, five-question quiz will be conducted before and after each webinar based on the topic.

Projects

* Each scholar will be required to write a reflection paper on an IM modality they will personally experience outside of webinar sessions during the Scholars Program.
* Each scholar will be required to create a “Project-in-a-Box” that may be shared with fellow scholars or presented at AMSA Convention in February 2017.

Course Credit

* Scholars may be able to receive elective credit from their home institution 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 sessions begin.
* Remain open-minded and respectful of others views.
* Actively participate in all discussions.
* Complete a final project entitled “Project-in-a-Box” that will be available to all medical students to increase knowledge of Integrative Medicine.
* Participate in one Integrative Medicine modality that they have not tried in the past. Scholars will be required to share their experience in a reflective essay.
* Complete all quizzes before the beginning of class and all post-webinar evaluations to help improve the program.
* Scholars will be highly encouraged, but NOT required, to attend the AMSA National Convention held on February 23-26, 2017 in Washington, D.C.

**V. Completion Requirements for Certification**

* **Class attendance**
  + *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 within 48 hours of the original session
    - Submit a SHORT reflection of the webinar to the co-Course Directors within 72 hours of the original session
    - Complete quizzes at the beginning and end of each webinar
* **Participation policy:**
  + Must post to 80% of online discussion questions
* **Project-in-a-Box:**
  + Requirements / Guidelines
    - Scholars will complete a final project called “Project-in-a-Box” which will allow scholars to experience Integrative Medicine in-depth or bring awareness of Integrative Medicine to the community. Small group sessions and check-ins will be conducted to help guide scholars with brainstorming ideas and to execute their projects.
  + Ideas
    - Developing an Integrative Medicine interest group at school.
    - Tracking personal mental and physical progress after completing 30-days of yoga.
    - Hosting a “De-Stress Festival” on your campus with live music, healthy snacks, and games.
    - Present a review of literature discussing the effects of tai chi on various chronic pain conditions.
  + Timeline
    - All project proposals are due via email to the IMSP Course Directors by December 7, 2016 at 12 PM (noon) Eastern Standard Time.
    - “Project-in-a-Box” is due via email to the IMSP Course Directors by February 15, 2017 at 12 PM (noon) Eastern Standard Time.

**VI. Inclusivity Statement**

We understand that our members represent a rich variety of backgrounds and perspectives. The American Medical Student Association (AMSA) Academy 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)**

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| **Date** | **Session Type** | **Topic** |
| October 5, 2016 | Webinar | Introduction to IMSP |
| October 12, 2016 | Guest Speaker Webinar | Defining Integrative Medicine & CAM |
| October 19, 2016 | Guest Speaker Webinar | Whole Body Medicine - Ayurveda |
| October 26, 2016 | Guest Speaker Webinar | Evolution of Integrative Medicine |
| November 2, 2016 | Guest Speaker Webinar | Manual Therapy - Osteopathic Manipulative Medicine |
| November 9, 2016 | Small Group Discussion | **Reflection Papers on an IM Experience** |
| November 30, 2016 | Guest Speaker Webinar | **Project-in-a-Box:** *Project Proposals* |
| December 7, 2016 | Small Group Discussion | Yoga as Preventative Medicine |
| January 11, 2017 | Guest Speaker Webinar | Narrative Medicine |
| January 18, 2017 | Guest Speaker Webinar | Psychoneuroimmunology |
| January 25, 2017 | Small Group Discussion | **Movie Club** |
| February 1, 2017 | Guest Speaker Webinar | Integrative Medicine in Practice & Clinical Cases |
| February 8, 2017 | Guest Speaker Webinar | Integrative Medicine at End of Life |
| February 15, 2017 | Small Group Discussion | **Project-in-a-Box:** *Project Presentations* |
| ***February 23-26, 2017*** | ***AMSA National Convention in Washington, D.C.*** | |

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