**American Medical Student Association**

**AMSA Academy 2019-2020**

**Integrative Medicine Scholars Program (IMSP)**

*Meetings October 2, 2019 to April 15, 2020 Bi-Weekly from 8:00 pm- 10:00 pm EDT/EST*

**Course Directors:** Megan Gross, BA, CRC

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**Grading:**  Pass/Fail (Completion requirements outlined below)

**I. Course Description**

Integrative Medicine (IM) is a practice approach to healing that is utilized in place of or in conjunction with traditional allopathic medical practices. IM aims to treat the patient as a whole, incorporating the mind, body, and sprit while emphasizing the relationship between the practitioner and the patient. As a scholar in the American Medical Student Association (AMSA) Integrative Medicine Scholars Program (IMSP), you will learn about IM from experts and participate in discussions with those experts and amongst your peers. You will be encouraged to facilitate personal use of self-care techniques based on what you are learning in this program.

Practitioners use evidence-based and peer-reviewed research to incorporate good integrative or alternative medicine in their practice. You will receive an introductory overview of clinical research, learn how to analyze research, and learn to determine how to make good evidence-based decisions from research regarding integrative care from your course directors, who both have several years of experience in research. This will provide you with a foundation of essential research skills for your medical career.

As awareness of various complementary and alternative treatments is rising, medical practitioners must increase their knowledge of these integrative modalities. As an IM scholar, you will be introduced to a wide array of integrative tools that are readily available to incorporate into your practice and personal self-care (e.g. acupuncture, yoga, nutritional interventions, etc). Lastly, you will learn to advocate for IM and be a leader in the IM community.

**II. Course Objectives**

Upon successfully completing the Integrative Medicine Scholars Program, scholars will have met the following learning goals:

* Learn about the many modalities IM has to offer.
* Understand the therapeutic relationship between practitioner and patient.
* Recognize the appropriate use of conventional and alternative methods to facilitate healing.
* Develop a network of colleagues and mentors within the national integrative medicine community.
* Create a skillset that will allow the scholar to introduce communities to alternative medicine modalities with confidence and knowledge.
* As a future physician, be a leader in the IM community.
* Be able to apply integrative self-care techniques that promote self-exploration and self-improvement.
* Develop a respect for the strengths and limitations of applying evidence-based medicine.
* Recognize the importance of clinical research in integrative medicine practices.
* Understand how to analyze research and determine how to make good evidenced-based decisions from research.

**III. Format and Procedures**

**Course Materials:** You are required to have access to a computer equipped with audio and webcam, you will be required and encouraged to speak both over the audio and webcam during the webinar series to interact with the keynote speakers, your fellow scholars, and course directors. You are not required to purchase any outside materials such as textbooks or software for this program. Any reading material will be given to you and posted on Google Classroom, which you will have access to throughout the course.

**Course Meetings:** IMSP will meet approximately every other Wednesday from October 2, 2019 to April 15, 2020(inclusive). Meetings will be held via an AMSA virtual workspace within Zoom from 8:00 pm to 10:00 pm EST (7:00 pm to 9:00 pm CDT). Within this workspace, you will be able to see and hear the speaker and their presentation, your fellow scholars, and the course directors through webcam and audio connections. Each 2-hour webinar will be broken up into a 30-minute discussion, a 1-hour lecture, and a 30-minute question and answer session with the keynote speaker. A tentative outline of the webinars can be found at the end of this syllabus. Scholars will be given access to the AMSA Google Classroom, where links to each webinar and important course documents will be posted. Quizzes and assignments will be submitted to Google Classroom throughout the course.

**Course Start:** October 2, 2019

**Course End:** April 15, 2020

**IV. Expectations of Scholars**

Prior to the start of the webinar, you are expected to read the corresponding material provided on Google Classroom. During the webinars, it is expected that you will attend like you would lectures at school. Please participate in the discussions, ask questions, and talk with your fellow scholars. There will be a short survey and or discussion question at the end of each session you are to complete prior to the start of the next webinar, and on occasion answer a short quiz. You will be required to complete an advocacy project that will be submitted at the end of the course (more project details are included in the syllabus below). You will get to choose your topic and have the opportunity to present at AMSA Convention April 16-19 2020, some scholars in the past years have even published their work. Most importantly, you will get as much out of this course as you put into the course. Use the information you are given to explore new things within the world of IM and have fun learning!

**V. Completion Requirements for Certification:**

**Attendance:** You are expected attend all webinar sessions and actively participate in the live discussion in each webinar. Please be on time and stay until the end of the webinar. However, it is understood that our scholars are also busy students. In the event that you are unable to attend a session, you must notify the course directors in advanced, listen to the recording of the webinar within 1 week of the original webinar date, and write a 1-page make-up reflection paper. This program is not limited to U.S. Domestic students, and therefore the attendance requirements are broken down by location due to time zone differences. The requirements are as follows:

***U.S. Domestic Students and International Students in the Caribbean and Americas:***

* Must attend a minimum 80% of the live webinar sessions
* May watch up to two recorded webinars and complete the make-up reflection paper to make-up for an absence, that of which will not go against your attendance record.

***International Students in Europe, Asia, Africa, and Australia:***

* Must watch 80% of the recorded webinar sessions within 48 hours of the time the recording was posted
* \*Since international students will not be able to participate in the live discussion sessions, the scholars must also write a short reflection (half a page) of the recorded discussion. The reflection must be submitted within 72 hours of the time the recording was posted.
* May complete up to two recorded webinars after the 48-hour requirement and complete the make-up reflection paper to make-up for an absence, that of which will not go against your attendance record.

**Participation:** Your participation in the webinars is mandatory. You are expected to participate in the discussions and ask questions at the end of the lecture. To facilitate this, we will assign 2 scholars per webinar to be in charge of speaking during the discussion and 4 scholars to ask questions about the lecture at the end during the Q&A session. This will be in rotation throughout the webinars; a schedule will be posted in the Google classroom that you can check before the webinar.

**Projects:** There are two projects that you must complete over the duration of the program.

(1) The Generous & Reflective Listening activity from Dr. Kathryn Hayward’s lecture “Self-Care, Integrative Health, & Your Health”, the first webinar with a guest speaker. You will complete this activity with a partner outside of the scheduled course meeting times; this is a great opportunity for you to interact with your fellow scholars.

(2) Each scholar will be required to create an Integrative Medicine Advocacy Project. You will be able to choose from a variety of project topics and will be encouraged to produce something sustainable that can be use by other leaders in the integrative medicine community. You may have the opportunity to present your project at the AMSA convention on April 16-19, 2020 in Washington, D.C. <https://amsaconvention.org/>.

**Evaluation:** ​​​This course will be graded on a pass/fail scale; a passing score is 80%. Scholars will be evaluated on the following items:

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| --- | --- |
| ***Item:*** | ***Weight:*** |
| Webinar Attendance (13)***\*must attend 80% of the lectures to pass*** | 35% |
| Webinar Discussion Participation (13) | 20% |
| Integrative Medicine Advocacy Project (1) | 20% |
| Generous & Reflective Listening Activity (1) | 10% |
| Post-Webinar Surveys (13) | 5% |
| Post-Webinar Quizzes (5) | 5% |
| Post-Webinar Moodle Discussion (3) | 5% |

**Course Credit:** Upon successful completion of this course, each scholar will receive a Certificate of Completion from AMSA. You may be able to receive elective credit from your schools for your completion of this course. If you wish to do so, please notify the IMSP course directors as soon as possible. AMSA will support you in your schools required documentation process if you choose to seek elective credit.

**VI. Inclusivity Statement**

We understand that our members represent a rich variety of backgrounds and perspectives. AMSA 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:**

*The schedule is subject to change at the discretion of the directors.*

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| **Date** | **Lecture Presenter & Topic** | **Assignments\*** |
| October 2, 2019 | *Welcome IMSP Scholars!*Program Overview & Clinical Research Lecture  |  |
| October 16, 2019 | Self-Care, Integrative Health, & Your Health |  |
| October 23, 2019 | Introduction to HomeopathyHistory of Integrative Medicine  |  |
| November 6, 2019 | History of Integrative Medicine Psychoneuroimmunology | *Due: Generous & Reflective Listening Activity* |
| November 20, 2019 | Introduction to Functional Medicine | *Due: IM Advocacy Project Proposal* |
| December 4, 2019 | Food as Medicine  |  |
| January 8, 2020 | Introduction to Ayurveda | *Due: IM Advocacy Project Check-Up* |
| January 22, 2020 | Everything you wanted to know about acupuncture |  |
| February 5, 2020 | Yoga as Preventive & Therapeutic Intervention  |  |
| February 19, 2020 | Craniosacral Therapy, Reiki, & Therapeutic Massage |  |
| March 4, 2020 | Introduction to Osteopathic Medicine |  |
| March 18, 2020 | Psychoneuroimmunology  |  |
| April 31, 2020 | Practicing Integrative Medicine in a Clinical Setting |  |
| April 15, 2020 | IM Advocacy Project Presentations | *Due: IM Advocacy Project* |

**\***Assignment Schedule does not include weekly readings, discussion posts (3), or quizzes (5)