



Integrative Medicine in Residency IMR-Family Medicine 2020* Curriculum Content

| Core Content | No. Hours | Core Content | No. Hours |
|--|--------------|--|-------------|
| Start | 1 | Pediatrics | 11 |
| Orientation | 1 | Pediatrics & Integrative Medicine | .5 |
| Prevention and Wellness | 30.75 | Integrative Respiratory Health | 5.75 |
| Introduction to Integrative Medicine | .5 | Pediatric Mind-Body Medicine (avail 9/10/20) | .75 |
| US Preventive Services Guidelines | .5 | Integrative Pain Management Series: Introduction to Pain in Pediatrics | 1 |
| Introduction to Nutrition | 5 | Integrative Pediatric Neurology: ADHD & Autism | 2.5 |
| Micronutrients & Supplements: An Introduction | .75 | Immunizations | .5 |
| Vitamins | 1 | Acute Care | 1.5 |
| Minerals | .5 | IM in Acute Care | 1.5 |
| Common Dietary Supplements | 1 | Women's Health | 9.75 |
| The Anti-Inflammatory Diet (avail 9/1/20) | 4.5 | Integrative Women's Health | 9.75 |
| Physical Activity in Health | .5 | Chronic Illness | 60.5 |
| Stress and Mind-Body | 3.5 | Topics in Obesity | 6 |
| Environmental Health: An Integrative Approach | 5.25 | Integrative Cardiology | 4.25 |
| Sleep & Health | .25 | Integrative Gastroenterology | 5.25 |
| Spirituality & Health Care | 3 | Introduction to Microbiome | 3 |
| Smoking Cessation | 2 | Integrative Pain Management Series: Foundations | 3 |
| Clinical Integration | 2.5 | Integrative Pain Management Series: Integrative Therapies | 3 |
| Tools in Integrative Medicine | 28 | Integrative Pain Management Series: Headaches and Back Pain | 2 |
| Integrative Health Assessment | .5 | Integrative Pain Management Series: Cannabis and Pain | 1 |
| IM Treatment Plan | .25 | Introduction to Integrative Oncology | 3.75 |
| Mind-Body Medicine in Practice | 7.5 | Integrative Rheumatology | 10.5 |
| Motivational Interviewing: An Introduction | 5 | Intro to Integrative Mental Health: Anxiety & Depression | 9.25 |
| Botanicals Foundations | 4.25 | Sleep & Dream Health: Insomnia | 3 |
| Manual Medicine | 3.75 | Integrative Endocrinology (avail 9/1/20) | |
| Whole Systems Introduction | 3.5 | Integrative Diabetes Care | 4.5 |
| Energy Medicine: Foundations | .25 | Finish | 3 |
| Introduction to Functional Medicine | 3 | Final Assessments | 3 |
| Physician Wellbeing (avail in late Fall 2020) | | Special Topics (optional unless otherwise instructed) | 11 |
| Physician Wellbeing | | Practice Management | 8 |
| | | Medical Informatics | 2 |
| | | IMR Trivia Game | 1 |

| TOTAL HOURS | |
|-------------------------|-------|
| Excludes Special Topics | |
| Online | 143.5 |
| Onsite | |

*references year learner enrolled in the program