INTEGRATIVE MEDICINE (INTM)

Explanation of Course Numbers

- Courses in the 1000s are primarily introductory undergraduate courses
- Those in the 2000s to 4000s are upper-division undergraduate courses that can also be taken for graduate credit with permission and additional work
- Those in the 6000s and 8000s are for master's, doctoral, and professional-level students
- The 6000s are open to advanced undergraduate students with approval of the instructor and the dean or advising office

INTM 6201. Foundations in Integrative Medicine. 2 Credits.

The Foundations in Integrative Medicine course provides a framework for developing a patient centric approach to care. The course provides an overview of the historical, sociocultural, and legal accounting of the evolution of medicine in the United States. Competing models of therapeutic approaches, the ascendancy of biomedical reductionism, and a re-envisioned medical system based upon a personalized therapeutic paradigm are explored. The role and identity of the Integrative Medicine provider and review of professional competencies including fundamental attitudes, knowledge, and skills are analyzed. The course will focus on three clinical domains in detail: Therapeutic relationships and Motivational Interviewing; Exercise Prescription; and Traditional Medical Systems.

INTM 6202. Self Care Methods in Integrative Medicine. 2 Credits.

Self-Care Methods will provide the student with a framework to develop personalized medicine strategies in the context of patient relationship to self, others and the natural environment - in other words the biopsychospiritual domain. The course will analyze aspects of spirituality, social connections, and self-understanding through the lens of stress, sleep and biological rhythms. Various topics include: psychological measurement of meaning and purpose; social connectivity; mood; and the physiologic correlates such as cortisol, heart rate variability, immune competence and autonomic balance with respect to the homeodynamic stress response. Treatment strategies to mitigate illness states in the biopsychospiritual domain will be analyzed in detail including: contemplative strategies, movement therapies, sleep hygiene, dietary supplements and medications.

INTM 6203. Nutritional Metabolism and Environmental Exposure. 2 Credits.

Students will analyze the relationships between nutrients and environmental exposures and the impact that they have on obesity, diabetes and cardiovascular disease. The learner will become familiar with a variety of dietary strategies and approaches, their evidence and application, as well as discuss current food policies and regulations. Key topics in medical toxicology will be addressed within the framework of exposure, chronicity, implication inhuman diseases, and appropriate removal. Normal and abnormal detoxification pathways are analyzed. A complete review of cardiometabolic risk, diabetes and cardiovascular disease will be conducted.

INTM 6204. Metabolic Networks in Integrative Medicine. 2 Credits.

INTM 6205. Clinical Genomics, Proteomics, & Metabolomics. 2 Credits.

The student will apply the disciplines of clinical genomics, proteomics, and metabolomics to clinical practice with specific attention to 1) isolating patterns of meaning within complex signals, 2) developing clinical solutions, 3) the interpretation of the omics literature, and 4) engaging in omics-based research. Various topics include: genomics, transcriptomics, proteomics, metabolomics, phenomics, bioinformatics, pattern recognition, metabolic network assessment, targeted vs. non-targeted analysis, laboratory methods, specimen selection, and specimen preparation.

INTM 6206. Legal and Medical Ethics in Integrative Medicine. 1 Credit.

Students will evaluate the legal and ethical considerations in decision making related to patient care. Students will develop business strategies associated with running an integrative medicine practice.

INTM 6210. Practical Application of Integrative Medicine I. 4 Credits.

Integration of the knowledge and practice of the integrative medicine curriculum into practical clinical skills. The learner will engage in small group discussion, case reviews, presentations, individual exercises designed to integrate and translate foundational integrative medicine concepts into real world application. The course will allow the clinical to develop competence in the practice of integrative medicine. Upon completing this course, learners will return to their practices well-prepared to address core lifestyle topics with their patients.

INTM 6211. Practical Application of Integrative Medicine II. 4 Credits.

Focus on the role of the integrative health practitioner in developing patient care plans for specific therapeutic needs. Supervised practical application of learned principles to patient cases that exhibit specific therapeutic needs and requirements. Emphasis on care plans that require synthesis and integration of conventional clinical care for specific diagnoses. Development of clinical reasoning through an evidence-based approach to the evaluation and management of problems commonly encountered in outpatient settings. Students learn to incorporate health promotion and disease

prevention and advocate for healthy lifestyles and preventive medicine practices in patient care plans.

INTM 6212. Clinical Research in Integrative Medicine. 2 Credits.

Applied practice research. The role of the integrative health practitioner in developing an evidence base for clinical practice. Application of clinical knowledge and continued development of clinical reasoning through an evidence-based approach to practice research. Students work under the supervision of a faculty member to develop a research protocol on a mutually agreed upon domain of integrative health care practice; in some cases, students may be placed into research teams to broaden the base of data available for evaluation and interpretation.

INTM 6213. Clinical Approaches in Integrative Medicine. 2 Credits.

Foundational understanding of complementary and integrative health (CIH); commonly used CIH approaches discussed within the larger framework of determinants of health.