

# UC Irvine Family Medicine Residency

# Integrative Medicine Track

The UC Irvine Family Medicine Residency Integrative Medicine Track is a unique program within our residency designed to offer additional education and training in using the tools and philosophies of Integrative Medicine to support the diagnosis and treatment of primary care patients.

## Curriculum

At the core of the program is our collaboration with the University of Arizona's Center for Integrative Medicine, giving residents access to their web-based series of award-winning teaching modules. This online program is complemented by a variety of on-site interactive and experiential learning activities. This track addresses a number of key elements of holistic care that are traditionally overlooked in medical school – including nutrition, mind body medicine, the evidence-based use of herbal medicine and supplements, acupuncture, and a focus on patient-centered communication and self-care. *(See reverse side for more details.)*

## Integrative Medicine for Underserved Communities

What makes the UCI program unique is the focus on and commitment to bringing Integrative Medicine resources to our underserved Latino patient community – a population traditionally unable to access these valuable resources.

## Certificate from the University of Arizona Center for Integrative Medicine

Residents completing the track will receive a Special Certificate from the Arizona Center for Integrative Medicine.

## Elements of Integrative Medicine

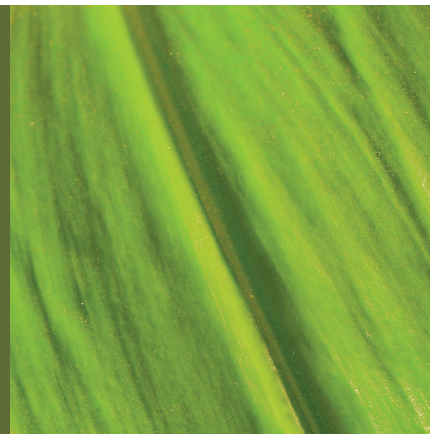
- Patient-centered care that focuses on healing the whole person, and takes into account all factors that influence health, wellness and disease, including mind, body and spirit in the context of family and the community.
- Integrate the best of Western scientific medicine with a broader understanding of the nature of illness, healing and wellness to facilitate the body's innate healing response.
- Make use of all safe, effective, evidence-based therapies, whether allopathic or complementary to achieve optimal health and healing. (Best of the East and West)
- Educate and empower patients to be active participants in their own care, and to take responsibility for their own health and wellness.
- Emphasis on wellness, balance, prevention and the use of natural, less invasive interventions when possible.
- Support self-care and wellness practices among practitioners.

## NEED MORE INFORMATION?

For any further questions, please visit our website at [www.familymed.uci.edu/Integrative\\_Medicine.asp](http://www.familymed.uci.edu/Integrative_Medicine.asp) or contact:

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# Curriculum Overview

## Web-Based Learning Program

Using protected time set aside in selected rotations throughout the 3 years of residency, IMR track residents complete 140 hours of an interactive, online Integrative Medicine curriculum offered through our collaboration with the University of Arizona Center for Integrative Medicine (ACIM). The curriculum gives residents an in-depth grounding in the foundations of health and wellness, such as nutrition, sleep, exercise, mind-body medicine, as well as exposure to evidence-based Integrative approaches to a wide variety of common primary care problems such as Diabetes, Hypertension, Irritable Bowel, PMS, etc. and the evidence behind Integrative modalities including Acupuncture, Osteopathy, Herbs and Supplements and Mind-Body techniques.

## On-Site and Hands-On Learning Opportunities

We offer a variety of opportunities for IMR residents to obtain practical experience applying what they learn in the ACIM curriculum, including:

- Rotation through the Family Health Center Integrative Medicine Consult clinic, the UCI Family Health Center Acupuncture clinic, Osteopathic Injury clinic and selected Group Medical Visits.
- During R2 and R3 years, continuity clinic experience at the UCI Samueli Integrative Health Institute, working with a multidisciplinary Integrative Health provider team.
- Month long Integrative Medicine elective, rotating through the UCI Samueli Integrative Health Institute and Southern California University School of Acupuncture and Chiropractic.
- Completion of an 8 week Mindfulness-Based Stress Reduction (MBSR) Class.
- Participation in workshops covering Osteopathy, Massage, Mind-Body techniques, Acupuncture, and classes in Yoga and Tai Chi.
- Periodic Integrative Medicine didactic conference and Journal Club presentations.

## UCI Family Health Center Integrative Health and Wellness Resources

You should be aware that the IMR educational track is a part of a larger, Integrative Health Program at our Family Health Center whose goal is to improve the quality of life and health outcomes as well as increase access to Integrative Health resources for our local underserved patient community. Elements of this program include:

- **Integrative Medicine Consult Clinic:** Dr. Kipp provides consultations to help patients address a wide variety of health problems using nutrition, movement, herbs/supplements, and referral to a variety of Integrative modalities.
- **Osteopathic Manipulation Therapy (OMT):** uses a variety of gentle hand-on techniques to diagnose and treat muscle and connective tissue problems. The clinic is supervised by a highly trained Osteopathic Physician faculty from the Susan Samueli Institute.
- **Acupuncture Clinic:** providing low-cost access to treatment for a wide variety of health problems.
- **Stress Reduction for Health:** a series of classes to help improve health problems such as anxiety, insomnia, and pain by teaching various mind-body methods to manage stress more effectively. Conducted in Spanish.
- **Diabetes Group Medical Visits:** offered in English and Spanish, these classes support patient self-efficacy and self-management skills with instruction about healthy cooking, nutrition, movement and mindfulness incorporated.
- **Gentle Medical Yoga and Zumba Exercise Classes:** open to patients, staff and providers.
- **Healing Touch:** a trained RN in this energy therapy modality uses gentle, light or near-body touch to help induce feelings of calm and relaxation.
- **Mobile Food Pantry:** in collaboration with a local food pantry, UCI offers free fresh produce and other groceries in our parking lot each month on a Saturday morning to address food insecurity challenges of our patients.
- **Teaching Kitchen:** for hands-on classes combining nutrition education and practical cooking skills training.