

Integrative Medicine

Learning objectives:

1. Discuss how integrative medicine relates to and can be interwoven with conventional approaches to the prevention, diagnosis, and management of chronic diseases.
2. Communicate effectively with patients about all aspects of their health and illness including biological, psychological, and social as part of a comprehensive history taking.
3. Advise patients about safe, evidence based, diet and lifestyle strategies for primary and secondary prevention of chronic disease.
4. Advise patients about practical strategies for reducing stress and enhancing resilience, including the use of mind body therapies such as simple relaxation techniques, meditation and biofeedback.

Year 1, Term 1 Foundations I:

- **Pathology:** Aging, oxidative stress and inflammation
- **Physiology:** Stress and mind body medicine
- **Health Promotion/Illness Prevention:** Nutrition, diet and exercise
- **Endocrine:** Reducing risk of diabetes

Year 1, Term 2 Foundations II:

- **Gastroenterology:** The human gut microbiome
- **Respiratory:** Lung health
- **Cardiovascular:** Chronic disease management strategies
- **Dermatology:** approach to common dermatologic conditions

Clinical Skills II

- Motivational interviewing

Year 2, Term 2 Foundations IV:

- **Multi-systems Complex Care:** Preventative care, mobility in the elderly, chronic disease, nutrition, palliative care

Year 2, Term 1 Foundations III:

- **MSK:** Physiotherapy and exercise, management of back and neck pain,
- **Neurology:** Reducing the risk of dementia, management of chronic pain

- **Mental Health:** Integrative approach to psychiatry

Year 3/4

Selected Topics in Medicine:

- Integrative Medicine

Clinical Rotations I & II:

- Integrative Medicine Elective