



HEAL-IM students experience Acupuncture during seminar with program faculty Sheng Li, L.Ac OMD

Program Leadership

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What is Integrative Medicine?

Integrative medicine can be defined as a healing-oriented practice of medicine that:

- Reaffirms the importance of the relationship between practitioner and patient
- Focuses on the whole person (body, mind and spirit)
- Is informed by evidence
- Uses of all appropriate therapeutic and lifestyle approaches, healthcare professionals and disciplines to achieve optimal health and healing

Underlying the spirit of integrative medicine is the commitment to involve the patient as an active partner in his or her care, with a focus on teaching self-care and self-management tools, as well as supporting healthy lifestyle behaviors that are the basis for optimal health and wellness.

Integrative medicine also highlights the need for health equity and for ensuring access to much-needed prevention and wellness resources in underserved communities.

Fundamentally, integrative medicine recognizes that health systems need to move beyond just the diagnosis and treatment of disease complications (pathogenesis) to fully embrace health creation, or salutogenesis. We believe the combination of evidence-based integrative care, together with advanced conventional treatment options, form the basis for providing our patients with the most effective, compassionate, whole person medical care for the 21st century.

Health Education to Advance Leaders in Integrative Medicine HEAL-IM



Health Education to Advance Leaders in Integrative Medicine

Health Education to Advance Leaders in Integrative Medicine (HEAL-IM) is a UCI School of Medicine program designed to provide a future generation of physicians with additional training and skills in the tools and philosophies of integrative medicine.

This four-year longitudinal medical student program (with an optional fifth year of instruction) is dedicated to supporting the practice of evidence-based, compassionate, whole-person care to benefit the treatment of patients and families, our community and healthcare as a whole.

HEAL-IM incorporates a diverse set of teaching methods and resources, including:

- A set of nationally recognized online integrative medicine education modules
- Regular seminar and lecture series
- Experiential, practical skill-building workshops and activities
- Integrative patient case conferences
- Integrative practitioner clinical shadowing and care experiences

HEAL-IM medical students may also choose to spend optional additional elective time completing Integrative Medicine certificate training (in acupuncture, osteopathic manipulation therapy, medical hypnosis or culinary medicine), or pursuing a master's degree supporting the effective implementation of future integrative medicine practices.



PROGRAM GOALS AND OBJECTIVES

HEAL-IM is designed to focus specifically on advancing integrative medicine research, education and clinical practice to promote individual and population wellness. We are driven by a mission to provide a sound foundation in the principles, philosophy and evidence-based practices of integrative medicine, setting the stage for future professional study and practice.

By the end of the program, students will be able to:

- Define current understanding of the principles, philosophy, practices and practitioners that comprise the practice of integrative medicine
- Summarize the evidence for how these foundational elements of health and wellness influence health and disease and, in particular, chronic disease:
- Demonstrate understanding of common integrative therapies, including their history, theory, proposed mechanisms, safety-and-efficacy profile, potential indications, benefits, risks and contraindications
- Nutrition and diet
- Physical activity
- Emotion and stress
- Healthy sleep
- Social support, spirituality and environment
- Join a growing community of mentors and leaders who together will advance innovations in integrative medicine



CURRICULUM AT A GLANCE

New HEAL-IM students will meet with the program's faculty and leadership at the start of the school year to review expectations and aspects of curricular elements.

First- and second-year students will participate in 90-minute monthly seminars and a workshop series that will include presentations by a rotating panel of UCI and integrative medicine community specialists on topics covering a range of integrative medicine practices and skills.

During the second, third and fourth years of the HEAL-IM curriculum, students will participate in a quarterly multidisciplinary patient-care conference. This will include patient case presentations by faculty in family medicine, osteopathy, nursing, naturopathy, as well as practitioners of traditional Chinese medicine, chiropractic and Ayurvedic medicine. Fourth-year HEAL-IM students are each required to present one case during the year.

Throughout the four years of the program, HEAL-IM students also will complete a variety of online evidence-based education modules through the University of Arizona covering a broad span and scope of integrative medicine.

MBSR class: 8 week series, directed at teaching mindfulness for self-care and patient care.

Culinary Medicine workshop series: teaches students hands-on, practical healthy cooking skills paired with evidence-based whole food nutritional concepts that will be applicable to their own health, as well as to many future patients they will see with diet-related illness.

MODULE TOPICS

Module topics during the first year will include wellness, resiliency, nutrition, mind-body and exercise.

Module topics for year two will cover integrative medicine modalities and motivational interviewing. Various clinical topics will be covered in years three and four.

PACE SITES

First and second-year students will have priority to have their PACE site (Patient-Centered Clerkship, a longitudinal clinical mentoring experience designed to introduce clinical knowledge and skills to students early in medical school training) be an Integrative Medicine clinical practice site, such as the Susan Samueli Integrative Health Institute, or other UCI and community clinical Integrative practice locations.

ELECTIVE EXPERIENCES

Students in the HEAL-IM program are expected to participate in a fourth-year integrative medicine elective experience. This will include: clinical rotations at integrative medicine clinical sites; completion of additional University of Arizona integrative medicine modules; attendance at a tai chi research lab; a yoga therapy clinic, and completion of a three-to-five page reflection paper.

Throughout their medical school education, HEAL-IM students will be trained and mentored by physicians and providers with expertise in integrative medicine.

4TH YEAR PARTIAL SCHOLARSHIP

HEAL-IM Program students in good standing at end of third year are eligible to receive a partial scholarship towards fourth year SOM tuition and fees.

View links below for information about additional curricular elements, opportunities for the MS1 summer and optional additional Integrative certificate training.

APPLICATION

All applicants must first be accepted to UCI School of Medicine. Upon acceptance, a separate application will be available for prospective students. Applications will be reviewed by the HEAL-IM interview committee and students selected for an interview will be contacted.