Integrative Medicine in Residency

The Andrew Weil Center for Integrative Medicine, in collaboration with leading experts in integrative medicine, developed an interactive, self-paced, online, Integrative Medicine curriculum designed specifically for the education of residents in training.
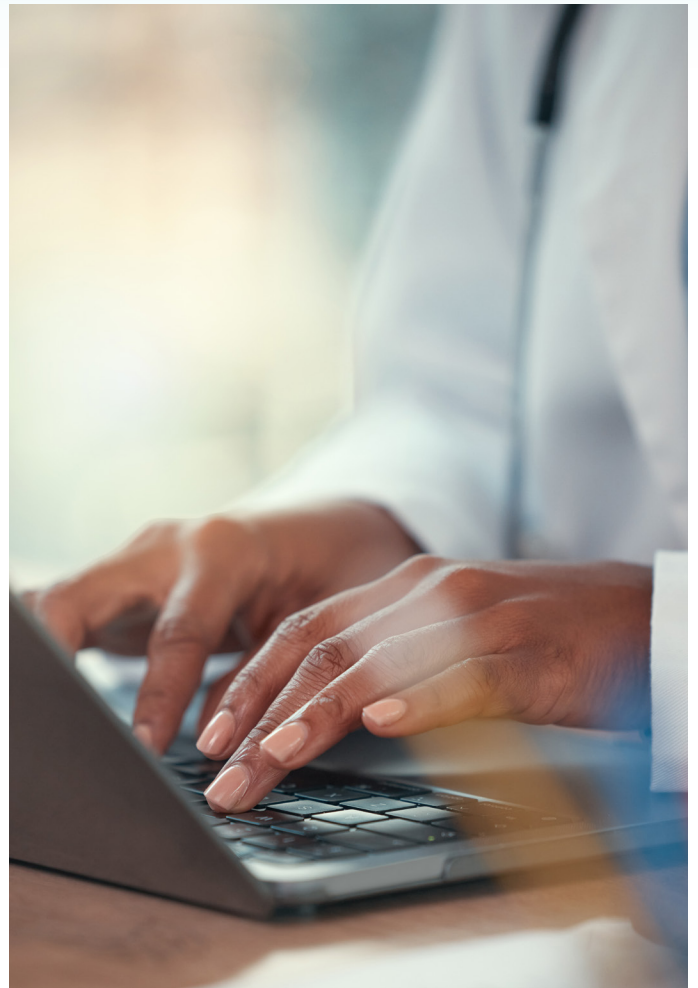
Begin the Journey

The landscape of medicine is ever-changing, and physicians are caring for patients with more chronic illnesses and stress-related disorders that often are not fully addressed by conventional medicine. Patient demand is high and approaches for prevention and expanded treatment options are urgently needed.

Features of IMR

- 85 hours, competency-based curriculum following ACGME guidelines
- Upon completion of the CORE 85 hours, residents earn a Certificate of Completion and will have access to 85+ additional hours of condition-specific and advanced content
- Curriculum is designed for all medical specialties
- 24-hour access for residents and faculty
- Blends online learning with experiential activities
- Healthcare Professional Wellbeing Course included, which addresses ACGME Section VI
- Modular format allows maximum flexibility
- Evaluation tools, exams, and progress tracking built in to monitor progress and assess acquisition of knowledge

For faculty:

- » Monthly program leadership calls
- » Dashboard to track resident progress
- » Annual Faculty Development Meeting in Tucson, AZ
- » Online resource library with teaching materials, presentations, handouts

MJG: 5/28/2024

THE UNIVERSITY OF ARIZONA
Andrew Weil Center for Integrative Medicine

Program
Integrative Medicine In Residency

Is your program ready to take the next step?
Please contact our Business Development office at:
awcim.arizona.edu/imr

IMR CORE (85 hours)

Orientation
Orientation & Assessments
Introduction to Integrative Health and Medicine

Integrative Medicine Professionalism
Interprofessional Healthcare Wellbeing
Anti-Racism in Integrative Medicine

Integrative Lifestyle Interventions
Introduction to Nutrition
The Anti-Inflammatory Diet
Physical Activity in Health
Integrative Sleep Health
Immunizations

Foundations in Supplements
Micronutrients & Supplements: An Intro
Vitamins
Minerals
Common Dietary Supplements
Botanicals Introduction

Foundations in Mind-Body Medicine
Introduction to Mind-Body Medicine
Mind-Body Modalities
Stress, Relaxation, and Health
Spirituality & Health Care

Systems and Approaches in Integrative Medicine
Integrative Assessment and Treatment Plan
Whole Systems Introduction
Introduction to the Microbiome

Clinical Application of Integrative Medicine
Integrative Women's Health
Topics in Obesity
Integrative Diabetes Care
Integrative Pain Management Series: Foundations
Integrative Mental Health: An Introduction
Introduction to Integrative Mental Health: Anxiety
Introduction to Integrative Mental Health: Depression
Integrative ADHD

Finish
Final Assessments

IMR ADVANCED (85+ hours)

Lifestyle Medicine
Advanced Nutrition
Advanced Anti-Inflammatory Diet
Environmental Health
Smoking Cessation
Advanced Obesity

Tools in Integrative Medicine
Advanced Botanicals
Advanced Whole Systems
Foundations of Energy Medicine
Introduction to Functional Medicine
Aromatherapy

Pediatric Mind-Body Medicine
Introduction to Pain in Pediatrics
Pediatric mind body medicine
Developmental Pediatrics and Psychiatry
Pediatric neurology patient cases
Integrative Rheumatology JIA (Peds)

Pain, Acute Care, and Peri-Operative Care
Integrative Medicine in Acute Care
Integrative Pain Management: Integrative Therapies
Integrative Pain Management: Clinical Approaches
Integrative Peri Operative care

Oncology
Introduction to Integrative Oncology
Breast Cancer
Prostate Cancer

Mental Health and Neurology
Advanced Mental Health
Integrative Adult Neurology

Specialty Care in Integrative Medicine
Introduction to Cardiovascular Health
Introduction to Respiratory Health
Introduction to GI health
Introduction to Rheumatology
Integrative Endocrinology
Advanced Women's Health

*Core/Advanced course information subject to change

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