

BU Family Practice Residency, Integrative Medicine Curriculum Competencies and Evaluation

Competency 1:

PATIENT CARE—Compassionate, Appropriate, and Effective for the Treatment of Health Problems and the Promotion of Health

Residents are expected to:	Assignment
→Demonstrate patient-centered history taking using a biopsychosocial approach that includes an accurate nutritional history, spiritual history, and inquiry of conventional and complementary treatments. (S)	<ul style="list-style-type: none"> ▪ Formulate and write up an integrative medicine history ▪ Submit patient case to Dr. Gardiner
→Facilitate health behavior changes in patients using techniques such as group visits or motivational interviewing. (S)	<ul style="list-style-type: none"> ▪ Demonstrate an ability to take an integrative medicine history ▪ Direct observation with Drs. Gardiner, Saper, or Gergen-Bernett
→Collaborate with patients in developing and carrying out a health screening and management plan for disease prevention and treatment using conventional and complementary therapies when indicated. (S)	<ul style="list-style-type: none"> ▪ Formulate and compose an integrative medicine assessment and plan ▪ Submit patient case to Dr. Gardiner
→Demonstrate the ability to discuss stress management with patients, describe at least two relaxation techniques in sufficient detail, and perform efficiently in the patient care setting	<ul style="list-style-type: none"> ▪ Teach patients a diaphragmatic breathing exercise, progressive muscle relaxation exercise or other technique ▪ Direct observation with Drs. Gardiner, Saper, or Gergen-Bernett

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Competency 2:

MEDICAL KNOWLEDGE—Established and Evolving Biomedical, Clinical, Epidemiological, and Social-Behavioral Science Application to Patient Care

Residents are expected to:	Assignment
<p>→Demonstrate understanding of common complementary medicine therapies and traditional medical systems including history, theory, proposed mechanisms, safety/efficacy profile, contraindications, prevalence, and patterns of use. (K)</p>	<p><i>See Integrative Tracker for worksheet</i></p>
<p>→Demonstrate knowledge of the common dietary supplements and the regulatory framework governing dietary supplements in the U.S. including the Dietary Supplement Health and Education Act (DSHEA) and its implications for clinical integration.</p>	<ul style="list-style-type: none"> ▪ Direct observation of reading a dietary supplement label by Dr. Gardiner ▪ Provide five examples (written or oral) of common herbs and supplements used by your patient and explain available research regarding use, safety and efficacy or where to find that information
<p>→Demonstrate a basic knowledge of common CAM practices and therapists i.e. massage therapy, manipulation, mind-body medicine and nutritionist and demonstrate respect for peers, staff, consultants and CAM practitioners who share in the care of patients. (S,A)</p>	<ul style="list-style-type: none"> ▪ Describe and observe (when possible) the structure, content, and costs of typical acupuncture, massage, nutritional, and manipulation sessions (<i>see Integrative Tracker</i>) ▪ All residents are expected to attend one massage, one mind body (yoga), one acupuncture session, and one nutritional consult or cooking class. (<i>see Integrative Tracker</i>) ▪ Describe national and state standards related to training,

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	licensing, credentialing, and reimbursement of community CAM practitioners
→ Understand the evidence base for the relationships between wellness, health, and disease and the following factors: emotion, mental health, stress, physical activity, social support, spirituality, sleep, and environment. (K)	<ul style="list-style-type: none"> Describe one CAM modality that has been proven to decrease morbidity or mortality in commonly outpatient conditions such as insomnia, headache, IBS, back pain, etc.
→ Understand the evidence base for the relationships between wellness, health, and disease and nutrition. (K)	<ul style="list-style-type: none"> Describe three dietary interventions that have been proven to decrease morbidity or mortality in: diabetes, coronary artery disease, pregnancy, osteoarthritis, or hypertension

Competency 3:

INTERPERSONAL AND COMMUNICATION SKILLS—Respect and Understanding for Patients’ Interpretations of Health, Disease, and Illness That Are Based Upon Their Cultural and Generational Beliefs and Practices

Residents are expected to:	Assignment
→ Gather relevant information regarding safety, efficacy, and cost of a complementary therapy intervention and to communicate this evidence-based information on CAM to patients in a balanced and easily understood manner.	<ul style="list-style-type: none"> Demonstrate an ability to find and use patient education materials in CAM for one specific clinical scenarios Submit patient information sheet to Dr. Gardiner as part of the integrative medicine assessment and plan
→ Demonstrate an ability to counsel patients effectively on nutritional management (including appropriate use of dietary supplements) of common chronic conditions including obesity, cardiovascular disease, diabetes, arthritis, IBS, and hyperlipidemia.	<ul style="list-style-type: none"> Efficiently elicit a typical day’s food and drink intake from a patient Understand how a patient’s diet is affected by income level and cultural practices. Counsel a patient on three diet changes (increase fiber

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	<p>fruits and vegetables, etc)</p> <ul style="list-style-type: none"> ▪ Counsel one patient on dietary interventions that have been proven to decrease morbidity or mortality in: diabetes, coronary artery disease, pregnancy, osteoarthritis, or hypertension ▪ Submit one patient integrative medicine assessment and plan to Dr. Gardiner
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Competency 4:

PRACTICE-BASED LEARNING AND IMPROVEMENT: Investigate/Evaluate Care of Patients, to Appraise and Assimilate Scientific Evidence, and to Continuously Improve Patient Care Based on Constant Self-Evaluation and Life-Long Learning.

Residents are expected to:	Assignment
→Identify personal learning needs related to conventional and complementary medicine. (K, A))	<ul style="list-style-type: none"> ▪ Fill out self care plan
→Evaluate the strength and limitations of Evidence Based Medicine (EBM) as it applies to conventional and complementary approaches and its translation into patient care. (K)	<ul style="list-style-type: none"> ▪ Describe a strategy to evaluate the risks and benefits of both CAM and conventional treatments for a specific disease or condition
→Identify reputable print and online resources on conventional and complementary medicine to support professional learning ie use EBM resources at the point of care. (K, S)	<ul style="list-style-type: none"> ▪ Demonstrate an ability to find and use three electronic evidence-based resources in CAM to determine safety, efficacy, and interactions of a particular CAM therapy ▪ Describe a strategy to determine which, if any, brand of a dietary supplement to recommend in a given situation



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<p>→Identify strategies for facilitating access to integrative medicine services for their patients, including low income populations. (K)</p>	<ul style="list-style-type: none"> ▪ Identify three CAM resources in the community including clinics, classes, and CAM educational institutions
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Competency 5:

PROFESSIONALISM—A Commitment to Carrying Out Professional Responsibilities and an Adherence to Ethical Principles.

Residents are expected to:	Assignment
<p>→Understand importance of self-care practices to improve personal health, maintain work equilibrium and serve as a role model for patients, staff, and colleagues. (K,A)</p>	<ul style="list-style-type: none"> ▪ Fill out self care plan
<p>→Demonstrate the ability to reflect on elements of patient encounters, including personal bias and belief, to facilitate understanding of relationship-centered care. (K,A)</p>	<ul style="list-style-type: none"> ▪ Identify patient whose spiritual beliefs or practices that affect their health care and how you counseled them

[K= knowledge, S= Skills, A= Attitude]