



THE UNIVERSITY OF ARIZONA

Andrew Weil Center
for Integrative Medicine

INTEGRATIVE MEDICINE IN RESIDENCY

Integrative Medicine in Residency (IMR) is. . .

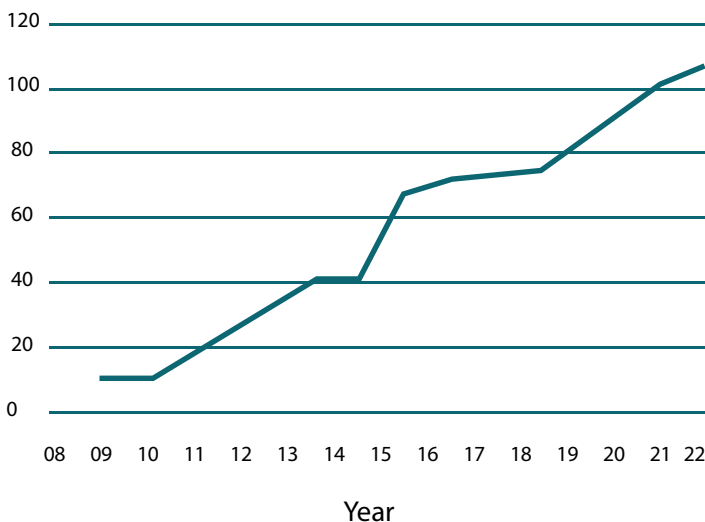
A competency-based, interactive, online curriculum in Integrative Medicine (IM) designed for incorporation into residency education.

In collaboration with leading experts in IM, the **Andrew Weil Center for Integrative Medicine** at the University of Arizona, developed the IMR program in 2008 to address the increasing demand for IM training in residency. IMR has expanded across the United States, into Canada, and other international programs.

This award-winning* curriculum has seen more than 1,700 residents complete the program. Many take this broad and deep understanding of the entire picture of integrative medicine and go on to complete the Fellowship in Integrative Medicine and pursue careers in academic medical education.

*IMR was presented the “Innovative Program Award” by the Society of Teachers of Family Medicine (STFM) in 2011.

Number of IMR Sites Per Calendar Year



In addition to resident education, IMR supports faculty development through monthly video leadership collaborative meetings and an annual Faculty Development Meeting in Tucson, AZ.

FEATURES OF THE IMR PROGRAM

- 24-hour access for residents
- Easily incorporated into existing curricula
- Aligns with learning objectives within the ACGME core competency domains
- Scalable and flexible depending on your unique program needs
- Faculty learning with CME available
- 24/7 access to resident completion dashboards for site leaders
- Read-only access available for adjunct faculty with no fees
- Academic Resource Library for Faculty: Additional teaching materials, presentations, and handouts

SPECIALTIES OFFERED

- Family Medicine
- Internal Medicine
- Obstetrics and Gynecology
- Pediatrics
- Physical Medicine and Rehabilitation
- Psychiatry

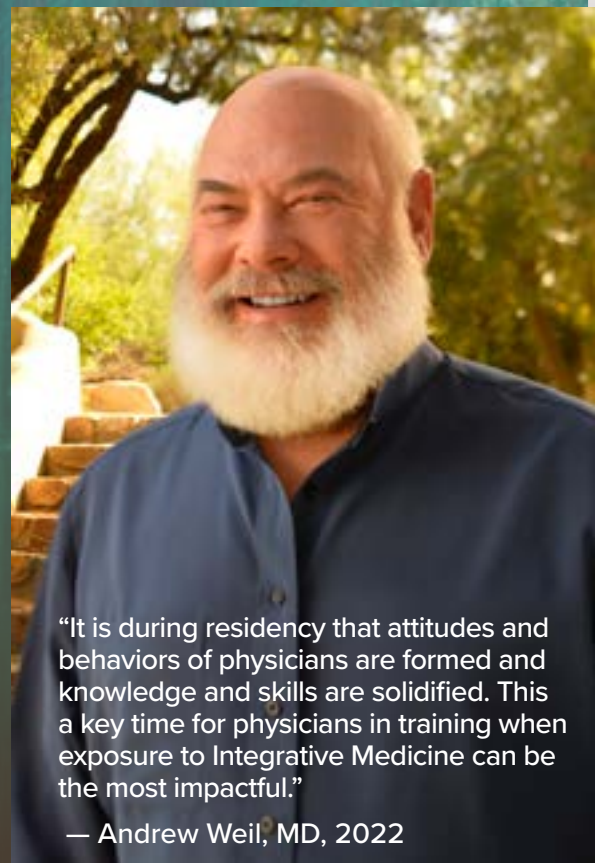
Integrative Medicine (IM) is healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies.



The IMR curriculum is revised annually to provide up-to-date evidence-based integrative medicine content.

IMR also provides in-course links to relevant, evidence-based, peer-reviewed publications through Pub-Med and incorporates novel online interactive teaching strategies. IMR strengthens the residency curriculum and fills gaps in conventional Graduate Medical Education through courses such as:

- Nutrition, Vitamins, Minerals, Botanicals, and the Anti-Inflammatory Diet
- Interprofessional Wellbeing (meets many ACGME common program requirements for assessment and education)
- Integrative Approaches to Pain Management
- Mind-Body techniques and tools
- Emphasizes lifestyle and wellness interventions that are a core tenant of integrative medicine



“It is during residency that attitudes and behaviors of physicians are formed and knowledge and skills are solidified. This a key time for physicians in training when exposure to Integrative Medicine can be the most impactful.”

— Andrew Weil, MD, 2022

BENEFITS TO YOUR PROGRAM, RESIDENTS, AND FACULTY

- Enhances resident recruitment and program branding*
- Meets many of the ACGME requirements for physician well-being assessment and education
- Helps residents address patient questions about complementary and alternative therapies
- Serves as a faculty development tool and provides basic IM knowledge and skills to provide integrative approaches in a clinical setting
- Residents learn integrative approaches to common conditions—learning the allopathic approach blended seamlessly with the evidence-based recommendations for supplements, dietary, mind-body, manual medicine, botanicals and more
- Successful completion gives residents a comprehensive understanding of integrative medicine—beyond lifestyle changes—and confers a \$1,200 discount on the Fellowship in Integrative Medicine and a certificate of completion

* Lebensohn, P., Dodds, S., Brooks, A. J., Cook, P., Guerrero, M., Sierpina, V., Teets, R., Woytowicz, J., & Maizes, V. (2014). Increasing resident recruitment into family medicine: effect of a unique curriculum in integrative medicine. *Explore* (New York, N.Y.), 10(3), 187–192. <https://doi.org/10.1016/j.explore.2014.02.001>

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