

## **Learning Objectives for IFM Fellowships**

### **Knowledge**

1. Apply knowledge regarding integrative approaches to chronic health care conditions including cardiovascular diseases, mental health, oncology, chronic pain, respiratory, dermatology in the clinical setting
2. Demonstrate incorporation of integrative approaches to acute health conditions including colds/flu, minor injuries such as sprains and strains, acute pain, and rashes
3. Articulate an understanding of integrative approaches as applied to specific populations such as: women's health, men's health, geriatrics, and children/ young adults
4. Articulate an understanding of the research evidence underpinning the use of complementary and integrative treatments
5. Articulate an understand the history and philosophy of complementary and integrative treatments
6. Articulate an understand the unique business and administrative issues that shape the practice of integrative medicine including the impact of licensing/ credentialing, billing, risk exposure, marketing and operations
7. Articulate an understand the science and theory behind special therapeutic tests such as thermography, special hormone testing, and food allergy panels
8. Recognize the various types of health change behaviors and evidence supporting them

### **Skills**

1. Demonstrate a clinically relevant command of mind-body therapies, use of natural products/supplements, dietary therapies/nutritional advice, energy medicine, whole system, and manual therapies
2. Be able to evaluate the impact of integrative therapies on patient care
3. Communicate an academic and personal vision of integrative healthcare to others
4. Demonstrate the skills necessary to participate in an integrative chronic team made up of diverse professions including co-management, consultation, and relationship building
5. Conceptualize, implement and complete an integrative medicine scholarly project
6. Demonstrate the ability to order and interpret special therapeutic tests such as thermography, special hormone testing, and food allergy panels.
7. Demonstrate the skills necessary to engage in a therapeutic relationship with patients including motivational interviewing and physician counseling
8. Demonstrate the ability to evaluate and record a patients use of alternative and complementary therapies
9. Demonstrate the integration of family assessment, health coaching, assessment of life purpose, sleep recommendations, substance abuse recommendations, nutrition recommendations, stress mastery, and obesity management into integrative clinical care delivery
10. Demonstrate the ability to counsel patients on lifestyle changes
11. Demonstrate the ability to appropriately refer to complementary practitioners both within the medical center and in the community