Research Family Medicine Residency Program

**Integrative Medicine in Residency Track (IMR)**

**On-line Units & Courses per Academic Year\***

**• R2 YEAR**

|  |  |  |  |
| --- | --- | --- | --- |
| **Unit Title** | **Course Titles in Unit** | **Approximate Clock Hrs to Complete** | **Completion Dates of**  **On-Line Units** |
| **Getting Started** |  | **2 total** | ***ASAP-once you have access*** |
|  | Start IMR | 2 |  |
| **Prevention & Wellness** |  | **43 total** | ***To be completed by***  ***December 1*** |
|  | Intro to Integrative Medicine (IM) | 1 |  |
|  | US Preventive Services Guidelines | 2 |  |
|  | Nutrition Foundations | 11 |  |
|  | Supplements and Prevention | 10 |  |
|  | Environmental Medicine | 6 |  |
|  | Physical Activity | 1 |  |
|  | Stress and Mind-Body Medicine | 2 |  |
|  | Sleep and Health | 1 |  |
|  | Spirituality & Health Care | 5 |  |
|  | Clinical Integration | 4 |  |
| **Chronic Illness** |  | **65  total** | ***To be completed by***  ***March 1*** |
|  | Nutrition & Cardiovascular Health | 6 |  |
|  | Integrative Cardiology | 21 |  |
|  | Integrative Diabetes Care | 6 |  |
|  | Cancer Survivorship | 6 |  |
|  | Topics in Obesity | 6 |  |
|  | GI Disorders | 6 |  |
|  | Integrative Rheumatology | 6 |  |
|  | IM Approaches to Back Pain | 6 |  |
|  | Sleep Health: Insomnia Patient Case | 2 |  |
| **Tools in Integrative Medicine** |  | **29 total** | ***To be completed by***  ***June  1*** |
|  | IM Intake | 1 |  |
|  | IM Treatment Plan | 2 |  |
|  | Botanical Tools & Basics | 4 |  |
|  | Mind-Body Techniques in Practice | 2 |  |
|  | Motivational Interviewing | 3 |  |
|  | Manual Medicine | 8 |  |
|  | Whole Systems Introduction | 8 |  |
|  | Energy Medicine: Foundations | 1 |  |
| **TOTAL IN R2** |  | **139 hours** |  |

**• R3 YEAR**

|  |  |  |  |
| --- | --- | --- | --- |
| **Unit Title** | **Course Titles in Unit** | **Approximate Clock Hrs to Complete** | **Completion Dates of**  **On-Line Units** |
| **Women’s Health** |  | **11 total** | ***To be completed by Nov 1*** |
|  | Intro to Women’s Health | .5 |  |
|  | Depression in Women | 2 |  |
|  | Pregnancy | 1 |  |
|  | PMS/PMDD | 1 |  |
|  | Dysmenorrhea | 1 |  |
|  | Eating Disorders | 1.5 |  |
|  | Fibromyalgia | 1 |  |
|  | Menopause | 1 |  |
|  | Osteoporosis | 1 |  |
|  | Women’s Health Case Study | 1 |  |
| **Pediatrics** |  | **13  total** | ***To be completed by Feb 1*** |
|  | Pediatrics and IM | 1 |  |
|  | Pediatric Allergies and Asthma | 3 |  |
|  | Integrative Pediatric Neurology | 5 |  |
|  | Pediatric Mind Body Medicine | 2 |  |
|  | Chronic Pain Syndrome | 2 |  |
| **Acute Care** |  | **4 total** | ***To be completed by April 1*** |
|  | IM in Acute Care | 4 |  |
| **Special Topics** |  | **25 total** | ***To be completed by***  ***June 1*** |
|  | Medical Informatics | 2 |  |
|  | Intro to IM Health | 6 |  |
|  | Prostate Cancer | 6 |  |
|  | Botanical Medicine Resources | 2 |  |
|  | Practice Management | 8 |  |
|  | IMR Trivia Game | 1 |  |
| **Finish** |  | **3 total** | ***To be completed by June 1*** |
|  | Final Assessments | 3 |  |
| **TOTAL IN R3** |  | **56 hours** |  |
| **TOTAL R2+R3** |  | **195 hours** |  |

\*On-line modules located at [www.integrativemedicine.arizona.edu](http://www.integrativemedicine.arizona.edu)