Who are we?

- The Arizona Center for Integrative Medicine (AzCIM) and the Academic Consortium for Integrative Medicine & Health (The Consortium) in cooperation with the Health Resources and Services Administration (HRSA)\(^1\) created the National Center for Integrative Primary Healthcare (NCIPH).

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1 “This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number UE1HP27710, Integrative Medicine: Empowering Communities through Interprofessional Primary Care Teams for $1,699,998. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.”
Purpose

• Advance the incorporation of competency- and evidence based integrative health (IH) curricula and best practices into primary care education and practice.
  – Meta-competencies
  – Core Curriculum
  – Web-site as repository of IH resources for inter-professional education and practice in primary care
NCIPH Goals

1. Establish a national interprofessional leadership team (InPLT).
2. Develop core Integrative Health (IH) competencies for interprofessional primary care teams.
3. Establish the IM curricula content and resources for primary care education.
4. Create an accessible and interactive online infrastructure.
5. Develop patient education IH material and facilitate access to IH practitioners.
NCIPH Website - www.nciph.org

- Newsletters
- NCIPH activities, e.g., Competencies, Upcoming Events
- Links to partner organizations and IH resources for healthcare professionals
- Patient portal/English - Patient Education Materials available
- Patient portal/Spanish - Patient Education Materials COMING SOON!
- Practitioner network for the underserved - RECRUITING!
GOAL 3. DEVELOP A 45-HOUR INTERPROFESSIONAL IH ONLINE CURRICULUM FOR PRIMARY CARE EDUCATIONAL PROGRAMS.
Foundations in IH Course

• 35 Hours of online content based on:
  – Set of core IH competencies across primary care professions
  – Needs assessment results:
    • Content areas
    • Curriculum priorities
IH Core Competencies For Primary Care Health Professionals

1. Practice patient-centered and relationship-based care.
2. Obtain a comprehensive health history which includes mind-body-spirit, nutrition, and the use of conventional, complementary and integrative therapies and disciplines.
3. Collaborate with individuals and families to develop a personalized plan of care to promote health and well-being which incorporates integrative approaches including lifestyle counseling and the use of mind-body strategies.
4. Demonstrate skills in utilizing the evidence as it pertains to integrative healthcare.
5. Demonstrate knowledge about the major conventional, complementary and integrative health professions.
6. Facilitate behavior change in individuals, families and communities.
7. Work effectively as a member of an interprofessional team.
8. Engage in personal behaviors and self-care practices that promote optimal health and wellbeing.
9. Incorporate integrative healthcare into community settings and into the healthcare system at large.
10. Incorporate ethical standards of practice into all interactions with individuals, organizations and communities.
Sub-Competencies - Contributing Disciplines

- **Primary Care Residencies:**
  - Family Medicine
  - Internal Medicine
  - Pediatrics
  - Preventive Medicine

- Nursing

- Pharmacy

- Public Health

- **Licensed CIH Programs:**
  - Acupuncture and Oriental Medicine
  - Chiropractic
  - Naturopathic Medicine

- **Behavioral Health**

- **Physician Assistants**
Needs Assessment Survey Respondents

<table>
<thead>
<tr>
<th>Educational Program</th>
<th>N</th>
<th>%</th>
</tr>
</thead>
</table>
| Licensed CIH Education Program             | 168 | 39.8%
| Primary Care Residency                     | 113 | 26.8%
| Nursing                                    | 37  | 8.8%
| Pharmacy                                   | 36  | 8.6%
| Public Health                              | 22  | 5.2%
| Other                                      | 20  | 4.8%
| Behavioral Health                          | 12  | 2.9%
| Midwifery                                  | 8   | 1.9%
| Physician Assistant Program                | 6   | 1.4%
| **Total**                                  | 422 | 100  |

- **Licensed CIH Programs:**
  - AOM n=62; 36.9%
  - DC n=54; 32.1%
  - ND n=20; 11.9%
  - LMT n=20; 11.9%
  - Other n=12; 7.2%

- **Primary Care Residencies:**
  - Family Medicine n=58; 51%
  - Pediatrics n=29; 26%
  - Internal Medicine n=18; 16%
  - Preventive Medicine n=7; 6%
  - Other Residency n=5; 4%
## Important to Cover in IM/IH Course

<table>
<thead>
<tr>
<th>Area</th>
<th>Mean</th>
<th>Area</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practitioner-patient communication</td>
<td>4.75</td>
<td>Environmental Medicine</td>
<td>3.98</td>
</tr>
<tr>
<td>Patient-centered care</td>
<td>4.75</td>
<td>Traditional healing practices for cultural competence</td>
<td>3.93</td>
</tr>
<tr>
<td>Nutrition and diet</td>
<td>4.74</td>
<td>Acupuncture/Traditional Chinese Medicine</td>
<td>3.87</td>
</tr>
<tr>
<td>Behavior change/Patient motivation</td>
<td>4.73</td>
<td>Botanicals</td>
<td>3.79</td>
</tr>
<tr>
<td>Physical activity/exercise</td>
<td>4.66</td>
<td>Manual medicine</td>
<td>3.74</td>
</tr>
<tr>
<td>Lifestyle counseling</td>
<td>4.65</td>
<td>Whole systems CAM practices, e.g., Ayurveda</td>
<td>3.69</td>
</tr>
<tr>
<td>Stress management</td>
<td>4.61</td>
<td>Spirituality</td>
<td>3.67</td>
</tr>
<tr>
<td>Practitioner wellness/self-care</td>
<td>4.44</td>
<td>Naturopathic Medicine</td>
<td>3.64</td>
</tr>
<tr>
<td>Vitamins and dietary supplements</td>
<td>4.17</td>
<td>Energy medicine</td>
<td>3.31</td>
</tr>
<tr>
<td>Mind-body techniques; e.g. hypnosis, meditation</td>
<td>4.09</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Scale: 1-not at all important to 5-very important  
N=422
## Top Ranked Content Areas to Include:

<table>
<thead>
<tr>
<th>Area</th>
<th>N</th>
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</thead>
<tbody>
<tr>
<td>Nutrition and diet</td>
<td>302</td>
</tr>
<tr>
<td>Patient-centered care</td>
<td>207</td>
</tr>
<tr>
<td>Physical activity/exercise</td>
<td>192</td>
</tr>
<tr>
<td>Behavior change/Patient motivation</td>
<td>177</td>
</tr>
<tr>
<td>Lifestyle counseling</td>
<td>178</td>
</tr>
<tr>
<td>Practitioner-patient communication</td>
<td>164</td>
</tr>
</tbody>
</table>

Scale: 1<sup>st</sup> to 5<sup>th</sup>  N=416
Foundations in IH Course - Units

- Introduction to Integrative Health in Primary Care
- Prevention and Lifestyle Behavior Change
- Healthcare Professional Wellbeing
- Addressing Patients through an Integrative Lens in Primary Care
- Integrative Interventions
- Community Settings & Systems at Large
- Final Reflection
FOUNDATIONS IN INTEGRATIVE HEALTH - COURSE DEMO
FOUNDATIONS IN INTEGRATIVE HEALTH

PILOT STUDY RESULTS
Foundations in IH Course - Pilot Sites

[Map showing locations of pilot sites across the United States and China]
Pilot Sites - Characteristics

- 79 Sites Enrolled
- 2,328 Participants
- 22 Specialities

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>N</th>
<th>%</th>
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</thead>
<tbody>
<tr>
<td>Educational Sites</td>
<td>1337</td>
<td>57%</td>
</tr>
<tr>
<td>Clinical Sites</td>
<td>991</td>
<td>43%</td>
</tr>
<tr>
<td>Faculty</td>
<td>507</td>
<td>22%</td>
</tr>
<tr>
<td>Trainee</td>
<td>1821</td>
<td>78%</td>
</tr>
</tbody>
</table>
## Pilot Sites - Specialty

<table>
<thead>
<tr>
<th>Specialty</th>
<th>N</th>
<th>Specialty</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Sites</td>
<td>976</td>
<td>Internal Medicine</td>
<td>32</td>
</tr>
<tr>
<td>Integrative Medicine</td>
<td>375</td>
<td>Physician Assistant</td>
<td>28</td>
</tr>
<tr>
<td>Family Medicine</td>
<td>304</td>
<td>Chiropractic</td>
<td>27</td>
</tr>
<tr>
<td>Complimentary Integ Health</td>
<td>120</td>
<td>Intern Med/Pharm</td>
<td>24</td>
</tr>
<tr>
<td>Nursing</td>
<td>116</td>
<td>Prev Med/Public Health</td>
<td>18</td>
</tr>
<tr>
<td>Medical School</td>
<td>56</td>
<td>Behavioral Health</td>
<td>17</td>
</tr>
<tr>
<td>Primary Care</td>
<td>48</td>
<td>HRSA</td>
<td>15</td>
</tr>
<tr>
<td>Pharmacy</td>
<td>44</td>
<td>Psychiatry</td>
<td>9</td>
</tr>
<tr>
<td>Preventive Medicine</td>
<td>43</td>
<td>VA Med Ctr</td>
<td>4</td>
</tr>
<tr>
<td>Fam, Prev and Occup Medicine</td>
<td>35</td>
<td>General Medicine</td>
<td>3</td>
</tr>
<tr>
<td>Oriental Medicine</td>
<td>33</td>
<td>Physical Therapy</td>
<td>1</td>
</tr>
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</table>
# Completion by Program

<table>
<thead>
<tr>
<th>Program</th>
<th>Completed</th>
<th>Did not finish</th>
<th>Withdrawn</th>
<th>Total N</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
<td>%</td>
<td>N</td>
<td>%</td>
</tr>
<tr>
<td>Clinical Sites</td>
<td>218</td>
<td>22.0%</td>
<td>699</td>
<td>70.5%</td>
</tr>
<tr>
<td>Educational Sites</td>
<td>461</td>
<td>34.5%</td>
<td>834</td>
<td>62.4%</td>
</tr>
<tr>
<td>Total</td>
<td>679</td>
<td>29.2%</td>
<td>1533</td>
<td>65.9%</td>
</tr>
</tbody>
</table>
Unit Evaluation Ratings

Ratings Averaged Across Units

- Objectives (1=not at all, 5=definitely): 4.4
- Depth/Challenge (1=too simple/nothing new, 5=challenging but appropriate): 3.7
- Usefulness to Patient Care (1=not at all, 5=very): 4.1
- Helpfulness Resources (1=not at all, 5=very): 3.8
- Helpfulness Reflections (1=not at all, 5=very): 3.8
- Helpfulness Sharing Reflections (1=not at all, 5=very): 3.2
- Ease of Online Technology (1=not at all, 5=very): 4.2
Should Unit be Mandatory?

<table>
<thead>
<tr>
<th>Section</th>
<th>No</th>
<th>Maybe</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to IH in Primary Healthcare</td>
<td>7%</td>
<td></td>
<td>61%</td>
</tr>
<tr>
<td>Prevention &amp; Lifestyle Behavior Change</td>
<td>4%</td>
<td></td>
<td>26%</td>
</tr>
<tr>
<td>Healthcare Professional Wellbeing</td>
<td>5%</td>
<td></td>
<td>23%</td>
</tr>
<tr>
<td>Addressing Pts thru Integrative Lens in Primary Care</td>
<td>5%</td>
<td></td>
<td>26%</td>
</tr>
<tr>
<td>Integrative Interventions</td>
<td>5%</td>
<td></td>
<td>24%</td>
</tr>
<tr>
<td>Community Settings &amp; Systems at Large</td>
<td>9%</td>
<td></td>
<td>31%</td>
</tr>
</tbody>
</table>

(n=1099) (n=933) (n=838) (n=788) (n=783) (n=778)
FINAL EXIT SURVEY
To what extent are you interested in applying IM/IH principles in your practice? 4.46

To what extent are you interested in continuing to seek Integrative Medicine/Integrative Healthcare (IM/IH) education? 4.26

The Foundations in Integrative Health curriculum enhanced my educational/clinical experience. 4.24

I would recommend this course to other trainees at my site. 4.17

I intend to visit the NCIPH website in the future. 4.1
Have you incorporated new self-care practices into your life since the course began based on what you have learned in the course?

- Yes: 434, 66%
- No: 226, 34%
In the future, the material in this course should be:

- Incorporated into general training (i.e. required for all), 294, 45%
- Offered as a CME option, 251, 38%
- Offered only to those interested in the topic, 112, 17%
- Not offered at all, 3, 0%
Pre-Post Changes

IMPACT ON LEARNER
Impact on Learner Summary

• Resiliency
  – Increased resiliency pre-post the WB unit
  – Increased resiliency pre-post the course

• Increased Empathy

• Increase in overall wellbeing
Impact on Learner Summary

• Improved capability to perform self-care activities

• Wellness Behaviors
  – Increase in exercise, mind-body behaviors, days enjoying work, restful & 7-9 hrs sleep
  – Decrease in feeling overwhelmed at work
  – No change in diet items, prayer, healthy touch, number groups belong to, trouble staying asleep
Impact on Learner Summary

• Interprofessional - Clinical Sites
  – Increase in attitude toward healthcare teams and healthcare teams improve quality of care

• Interprofessional - Educational Sites
  – Increase in positive professional identity
  – No change in other RIPLS learning scales
Foundations in Integrative Health

REVISED COURSE
REVISED FOUNDATIONS COURSE

• Available online free-of-charge through 8/31/17

• Institutional Offering - Available now:
  – https://www.surveymonkey.com/r/NCIPH2017Registration

• Stand-alone Individual Unit Offering:
  – Educational Trainees and Practitioners can enroll
  – Seeking CME, CNE, Pharmacy CE
  – Available May
FIH - Stand-alone Units

- Introduction to Integrative Health in Primary Care/Prevention and Lifestyle Behavior Change
- Healthcare Professional Wellbeing
- Addressing Patients through an Integrative Lens in Primary Care
- Integrative Interventions
- Community Settings & Systems at Large
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Thank You!

Questions?