

Pediatric Integrative Medicine Clinical Elective

Elective rotation available for residents of all training levels

Value of the Rotation:

- Integrative medicine takes a holistic view of care for patients, individualizing patient care, and utilizing all the evidence we have for traditional western medical treatments in addition to lifestyle medicine, and alternative or complementary medical care. During training many medical professionals get very little exposure to evidence-informed patient care that includes this type of treatment. This is despite the fact that most patients utilize some form of non-traditional western medicine treatment modality to improve their health.

Broad Goals:

Residents completing the Pediatric Integrative Medicine elective will:

- Expand their knowledge and skills with emphasis on a holistic approach to health care that utilizes evidence for all treatment modalities
- Have the opportunity to participate in a variety of clinics both at Penn State and outside of Penn State.
- Develop an understanding of the physician patient relationship which includes prioritizing physician wellness as a vital part of this relationship

Objectives

- Develop a broad knowledge base of integrative medicine
- Participate in the care of infants, children and adolescents with common conditions that can be improved with integrative medicine therapies.
- Participate in Osteopathic Manipulation Clinic at Penn State, Acupuncture/traditional Chinese medicine at Penn State, Naturopathic Medicine clinic, and Integrative Medicine Clinic
- Develop an appreciation for the power of the body to heal itself and how we as providers can work with our patients to optimize our health, mind, body, and spirit
- Have time to explore wellness activities that may be new or different, but could improve overall personal or professional wellness

Rotation Description

- The Pediatric Integrative Medicine elective is open to pediatric and medicine-pediatric residents at all levels of training, and contains a significant outpatient experience. Residents on the rotation will spend their time in an amalgam of clinical time, organized educational opportunities, as well as time for self-exploration.

Resident Expectations:

- Attend the assigned Integrative Medicine and Integrative Primary Care Clinics, performing initial patient histories and physicals on new patient evaluations and discuss and implement further plans with pediatric Integrative Medicine Attending. These will take place at the Nyes Rd, Suite D location.
- Generate notes (outpatient clinic notes, admission notes, consultation notes) and forward to attending for co-signature.
- Attend assigned Osteopathic Manipulation and Acupuncture Clinics, shadowing and learning about the benefits of these treatments.
- Attend optional day with Naturopathic Physician to learn about Naturopathy
- Participate in self-directed education in integrative medicine
- Participate if desired in weekly Mindfulness Groups
- Work on a 10-15 minute presentation about an integrative medicine topic of their choosing to be presented on one of the last days of the rotation
- There are no night or weekend responsibilities directly related to this elective, however residents may be needed to staff cross-covers on the weekends and occasionally during the week.
- Residents are expected to communicate with the attending early in the rotation if other time is going to be missed, such as for a doctor's appointment.

Reading/Resources

- A list of resources for self-directed learning will be distributed at the beginning of the rotation.
- Explore Natural Medicines Database, Andrew Weil Center for Integrative Medicine Website Educational opportunities, attend Academic Consortium for Integrative Medicine Grand Rounds if having them.

Individualized Curriculum:

- The patient population encountered and the overall objectives of the elective are well-suited both to residents entering primary care pediatrics and those who plan a subspecialty career. Assigned topic discussions can be tailored to individual resident learning goals and career plans.
- The curriculum can be individualized to include time with a Naturopathic Physician or for Community outreach if available.
- Expectations for depth of knowledge base, patient management expertise and sophistication of topic presentations are adjusted for the training level of the participating resident.
- It is generally desirable to limit the Pediatric Integrative Medicine elective to one resident/block.

Feedback and Evaluation:

- Faculty will give residents feedback in real time during each half clinic day.
- Feedback can be given at the completion of the rotation if requested by the resident. Feedback will also be given by the rotation director at the completion of the rotation if there are any concerns.
- In the setting of concerns about resident performance the rotation director will address these concerns in real time and devise a plan for improvement.
- If ongoing concerns exist this will be discussed with the residency leadership.

Logistics:**First day/orientation**

- The course director will contact you prior to the rotation and a schedule will be emailed to you prior to starting the rotation with your clinic schedule. Please contact the course director during the week prior to your elective with your goals for the rotation.
- Individual learning goals will be discussed on the first day of the rotation

Clinic Locations:

- Pediatric Integrative Medicine Clinic and Integrative General Pediatrics Clinic: 121 N. Nyes Rd, Suite D, Harrisburg, PA
- Acupuncture Clinic with Dr. Xu: 845 Fishburn Rd, Hershey, PA
- Osteopathic Manipulation Clinic: Will depend on the session
- Naturopathy Clinic: Dr. Michael Reece, ND: 4233 Oregon Pike, Ephrata, PA

Questions & Concerns:

- Please contact Dr. Terrah Keck-Kester with any questions, concerns or clarifications regarding this elective.