

### +++Workshop Details

#### 1. Workshop Title (50 words)\*

Cultivating Holistic Healthcare Practitioners for a Sustainable Future

#### 2. Workshop Objective (100 words)\*

At the end of the workshop participants will gain insights into how innovative curricular and assessment strategies, and faculty development methods can together forge a roadmap for implementing sustainable healthcare practices centered in patient needs. Attendees will leave equipped with a toolkit of actionable strategies to implement sustainable education that is ready to push change that improves standards of care, champions social justice, and focuses on long-term sustainability of the health systems we serve.

#### 3. Workshop Description (300 words)\*

This workshop is dedicated to empowering educators and healthcare professionals to develop holistic healthcare practitioners through innovative educational strategies and practical applications. To do so we will focus on the integration of traditional and alternative medical practices, emphasising preventive care and promoting environmental consciousness in medical practice. Participants will explore how to design curricula that reflect these values, assess their effectiveness, and engage in faculty development activities that promote these goals. Through interactive sessions and group discussions that include Social Sustainability to enhance the quality of life, improving well-being, and promoting equity within a population, participants will design actionable strategies to foster environments that facilitate connections and enable access to health.

This highly interactive workshop will include short faculty presentations exploring background, key ideas, current and innovative curricular practices, assessment strategies and role of faculty development. Participants will leave with a comprehensive understanding on how to foster environments that facilitate connections, enable access, and enhance overall health, and be inspired to be ready to implement changes that lead to more sustainable and equitable healthcare practices.

#### 4. Who Should Attend (100 words)\*

This workshop is designed for health professions educators, curriculum developers, clinical trainers, healthcare administrators and other stakeholders who are committed to advancing sustainable, holistic healthcare education. It is particularly designed for professionals looking to integrate innovative curricular and assessment strategies, engage in meaningful faculty development, and apply step-by-step strategies to foster a socially sustainable program. Attendees who are passionate about enhancing the well-being and equity of their communities through medical education will find this workshop valuable.

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Things that I cut from the first draft:

We will also cover Environmental Sustainability including in design and construction of health care facilities; Economic Sustainability balancing financial viability whilst providing quality healthcare services including long-term cost-effectiveness and resource allocation; and also Systems Sustainability assisting a holistic healthcare practitioner to understand and navigate complex systems, collaborate across disciplines and address systemic challenges.

### **W1A3: Cultivating Holistic Healthcare Practitioners for a Sustainable Future**

***Goh Poh Sun and Elisabeth Schlegel***

**Pre-Conference Workshops (Wednesday, 15 Jan 2025), 8.00am - 12noon**

Time	Timeframe	Topic	Persons
8:00 am-9:30 am	20 min	<p><b>Welcome and Introduction</b></p> <ol style="list-style-type: none"> <li>1. Welcome Remarks &amp; Introduction of Faculty</li> <li>2. Overview of Workshop and Learning Objectives</li> </ol> <p><a href="https://medicaleducationlearning.blogspot.com/2024/12/cultivating-holistic-healthcare.html">https://medicaleducationlearning.blogspot.com/2024/12/cultivating-holistic-healthcare.html</a></p> <p>Argus-Calvo, B., Clegg, D. J., Francis, M. D., Dwivedi, A. K., Carrola, P. A., &amp; Leiner, M. (2024). A holistic approach to sustain and support lifelong practices of wellness among healthcare professionals: generating preliminary solid steps towards a culture of wellness. BMC medical education, 24(1), 1364.  <a href="https://doi.org/10.1186/s12909-024-06353-7">https://doi.org/10.1186/s12909-024-06353-7</a></p> <p>Seetharaman, M., Krishnan, G., &amp; Schneider, R. H. (2021). The Future of Medicine: Frontiers in Integrative Health and Medicine. Medicina (Kaunas,</p>	<p><b>Goh Poh Sun</b></p> <p><b>(Slide Deck on blog - Part 1)</b></p> <p><b>Elisabeth Schlegel</b></p> <p><b>(on Zoom)</b></p>

		<p>Lithuania), 57(12), 1303.  <a href="https://doi.org/10.3390/medicina57121303">https://doi.org/10.3390/medicina57121303</a></p> <p>3. Expectations and Logistics: The audience will work in teams of 4-7 to develop a curricular core that reflects aspects of holistic practitioner development</p> <p>4. Holistic healthcare practitioners: integration of traditional and alternative medical practices, emphasizing preventive care and promoting environmental consciousness  <a href="https://exchange.scholarrx.com/brick/7dyn7pz4npg">https://exchange.scholarrx.com/brick/7dyn7pz4npg</a></p>	
	15-20 min	<p>5. Accreditation matters: LCME and CAAM-HP</p> <p>Physicians are required to address societal challenges, communicate effectively, and support patients in achieving optimal health and well-being</p> <p><b>LEAVE OUT:</b> 6. Licensing exams matter: USMLE Outline 2024: Preventative care: Lifestyle; nutrition; exercise; risk factors</p>	<p>Elisabeth Schlegel</p> <p>Video Recording 1</p> <p><a href="https://www.youtube.com/watch?v=Qul07pgD7ko">https://www.youtube.com/watch?v=Qul07pgD7ko</a></p>
	10 min	7. Audience Discussion	Participants
	15 min	<p>8. Education and Design: From mission, vision to values, themes and cores: Where in the curriculum does your strategy live?</p> <p>9. Example: Tufts University</p>	<p>Elisabeth</p> <p>Video Recording 2</p> <p><a href="https://www.youtube.com/watch?v=ls1coYjdCRk">https://www.youtube.com/watch?v=ls1coYjdCRk</a></p>

	15 min	12. Audience Experience: Thoughts/Experiences on Curricular Themes	Participants
<p><b>15 min BREAK</b> BREAK 10 minutes: Participants sit in groups of five and sign into ChatGPT and Perplexity to aid ideation for curriculum and assessment development; open access ScholarRx bricks for ideation</p> <p><a href="https://chatgpt.com/">https://chatgpt.com/</a>  <a href="https://www.perplexity.ai/">https://www.perplexity.ai/</a></p>			
9:30 am -	20 min	<p><b>Our vision, our dream: A holistic healthcare practitioner</b></p> <ol style="list-style-type: none"> <li>1. Identify core concepts, frameworks, theories and models describing the holistic healthcare practitioner</li> <li>2. Integration of traditional and alternative medical practices</li> <li>3. Educate physicians to integrate physical, behavioral, spiritual, and socioeconomic aspects of a patient's life into care</li> <li>4. Preventive care and promoting environmental consciousness</li> </ol> <p><a href="https://medicaleducationlearning.blogspot.com/2024/12/cultivating-holistic-healthcare.html">https://medicaleducationlearning.blogspot.com/2024/12/cultivating-holistic-healthcare.html</a></p>	<p>Goh Poh Sun</p> <p>(Slide Deck on blog - Part 2)</p>
	15 min	5. What is your curricular value? Interactive Discussion and Sharing of Best Practices:	Participants
<p><b>10 min BREAK</b></p>			

	15	<b>Innovative educational strategies for holistic Healthcare Practitioners</b>  1. Overview of modified Curriculum Design and Program Development following Kern's Six-Step Cycle to develop curricular cores & themes using a worksheet in groups with report-out	Elisabeth Schlegel  Video Recording 3  & Worksheet  <a href="https://www.youtube.com/watch?v=jKsVNeCLd7A">https://www.youtube.com/watch?v=jKsVNeCLd7A</a>
	25 min	2. Curriculum Design: Kern's modified Six-Steps 1-3  3. Decide the curricular core/theme and apply steps 1-3 of Kern's Six-Steps Cycle with peers. Decide: The Theme; Learner; overarching goal  4. Complete worksheet  5. Two groups report out	Participants
	10 min	6. Learning Environments, Roles of a Teacher and Immersive Education and integrative Assessment Strategies  7. Socratic questioning  8. Flipped classroom  9. Large/Small Groups  10. Assessment	Elisabeth Schlegel  Video Recording 3  <a href="https://www.youtube.com/watch?v=jKsVNeCLd7A">https://www.youtube.com/watch?v=jKsVNeCLd7A</a>
	25 min	11. Kern's Six-Step 4 & 6: Decide on the educational method and the aligned assessment  12. Complete worksheet  13. Two groups report out	Participants

10 min BREAK			
	15 min	14. Faculty Development  <a href="https://padlet.com/elisabethschlegel/tcam-curricular-core-theme-in-six-steps-k844tb8czyp1ren5">https://padlet.com/elisabethschlegel/tcam-curricular-core-theme-in-six-steps-k844tb8czyp1ren5</a>	Elisabeth Schlegel  Video Recording 4  <a href="https://www.youtube.com/watch?v=21QMdJ5pAQI">https://www.youtube.com/watch?v=21QMdJ5pAQI</a>
	25 min	<p style="text-align: center;"><b>Discussion</b></p> 1. Sharing Experiences, Insights, and Lessons Learned  <a href="https://medicaleducationelearning.blogspot.com/2024/12/cultivating-holistic-healthcare.html">https://medicaleducationelearning.blogspot.com/2024/12/cultivating-holistic-healthcare.html</a>  2. Q&A Session, Addressing Audience Questions and Concerns  3. Action Plans from the audience	Plenary  Goh Poh Sun  Elisabeth Schlegel
	30 min	4. Future Directions and Closing Remarks  5. Resources and Recommendations for Further Exploration  6. Wrap up  <a href="https://medicaleducationelearning.blogspot.com/2024/12/cultivating-holistic-healthcare.html">https://medicaleducationelearning.blogspot.com/2024/12/cultivating-holistic-healthcare.html</a>	Plenary