Integrative Medicine at CU: What the health?

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The Center for Integrative Medicine
University of Colorado

- History and growth
- Clinical, research, education
- Future directions
2001
2002
2004

2012 – Physical Therapy
2014 – Individual and group Yoga
UCH Integrative Medicine Services

General Assessment / Overview
Lisa Corbin, MD       Lauren Grossman, MD
Tish Bolshoun, PA     Jen Carroll, MD

Traditional Chinese Medicine
Daisy Dong, LAc       Nancy Nguyen, LAc
Ban Wong, LAc

Massage therapy
Ann Mathews, CMT      Debra Szuster, CMT

Nutritional Counseling
Holly Prehn, RD

Pharmaceutical / Herbal Consults
Monika Nuffer, Pharm D

Chiropractic
Brian Enebo, DC       Craig Kozak, DC

Mind-body / Biofeedback
Carrie Landin, PsyD    Meredith Shefferman, PsyD
Justin Ross, PsyD      Joanne Whalen, PsyD
Felicia Greher, PhD

Physical therapy
Marcus Kurek, PT

Yoga Therapy
Carolyn Valdez, CYT
Old space at Anschutz Medical Campus
Stapleton 1929 - 1995
The Center for Integrative Medicine

- 720-553-2750
- [www.uch.edu/integrativemed](http://www.uch.edu/integrativemed)
- UCH Locations
  - Stapleton
  - Anschutz
  - Lowry
  - CU Sports Med
  - CeDAR
  - Inpatient at UCH
Necessary evil.

Who do I refer?
Common Concerns

- Chronic pain
  - Fibromyalgia
  - Headaches and migraines
  - Back / neck pain
  - Arthritis
- Cancer
  - Primary and secondary prevention
  - Treatment issues
- Women’s Health
  - Fertility
  - Menopause
- Gastrointestinal
  - IBS
  - Dyspepsia
- Fatigue
- Depression / anxiety
- Stress management
- Chronic illness
  - Hypertension
  - Heart disease
  - Parkinson’s
- Wellness / prevention
Patient Volume by Year

Number of patients:

Year:

- 2001
- 2002
- 2003
- 2004
- 2005
- 2006
- 2007
- 2008
- 2009
- 2010
- 2011
- 2012
- 2013
- 2014
Sampling of TCFIM Research

• Acupuncture for fatigue in Parkinsons
• CAM for spinal cord injury
• Laser acupoint stimulation for back pain
• What Is Next? Cancer survivorship
• Massage for end of life “REST” Study
• PRIMIER – national PBRN database
• Medical student MSAs:
  – Teaching family medicine residents about supplements
  – Use of CAM by patients with cancer
  – Efficacy of Curanderismo for patients with chronic pain
  – Integrative medicine as a career choice
CAMPUS research group

- Multispecialty group open to AMC
- "think tank" to foster collaborations
- Forum for Research in Progress presentations
- Small grants (up to $10,000) available to active participants
- Danielle.cook@ucdenver.edu
The Bravewell Collaborative™  
Transforming Health Care and Improving the Health of the Public through Integrative Medicine

Featured Links

The Leadership Program in Integrative Healthcare
Lead the change in healthcare! A new Leadership Program in Integrative Healthcare will launch in 2015 at Duke University.

Einstein Named as BraveNet Coordinating Center
Albert Einstein College of Medicine of Yeshiva University will lead the Bravewell Integrative Medicine Research Network (BraveNet).

2013 Bravewell Leadership Awards
The 2013 Leadership awards honored Tracy Gaudet, MD, and Myles Spar, MD, MPH.

Summit on Integrative Medicine and the Health of the Public
IOM President Harvey Fineberg, MD, PhD, presented the Summit Summary to Bravewell on November 4, 2010.

PRESS CENTER
Members of the press wishing more information about The Bravewell Collaborative, its activities and/or integrative medicine should click here.

Health is the Key
Integrative Medicine Education

- AMC trainees
  - Internal medicine resident elective
  - Preventive medicine longitudinal experience
  - Medical student electives (MS1/2, MS4)
  - Pharmacy student elective; certificate program (Dan LaBarberra)
  - PT student required course
  - CHA/PA course content

- Public and patient presentations

- Physician and nursing CME

- AlterMed – Colorado Integrative Medicine Conference [www.altermedresearch.org](http://www.altermedresearch.org)

- Strauss – Wisneski Indigenous Medicine Collection lecture series
“The Consortium is a collective voice for influencing and effecting change within integrative health.”

WHO WE ARE

We’ve changed our name! The Consortium of Academic Health Centers for Integrative Medicine is now the Academic Consortium for Integrative Medicine & Health (The Consortium)

As an organization we are committed to sharing information and ideas, meeting challenges together in a process grounded by the values of integrative medicine, supporting member institutions, and providing a national voice for the advancement of integrative principles.

WHAT WE DO

The mission of the Consortium is to advance the principles and practices of integrative healthcare within academic institutions. The Consortium provides its institutional membership with a community of support for their academic missions and a collective voice for influencing change.
Future Directions

• CLINICAL
  – More satellite clinic locations / embedded services
  – Inpatient services
  – Add Reiki, naturopathy

• RESEARCH
  – Increase CAMPUS group / collaborations / grants
  – BraveNet collaborations
  – MSAs, primary projects

• EDUCATION
  – Reinvigorated MS1/2 elective and resident experiences
  – Increase embedded content
  – Fellowships / immersive residencies / medical student tracks
Philanthropy

$1,965,000 thus far, primarily for clinical support

- Alan Baer Foundation
- The Anschutz Foundation
- The Leprino Family Foundation
- Lisa Turner Memorial Fund
- Mendel-Asarch Family Lung Cancer Foundation
- The Pink Ribbon Foundation
- Rollie R Kelley Family Foundation
- Sing for the Cure Foundation

$1,000,000 in pledged support for research

More than money – community education and outreach are volunteer efforts from our team!
Resources

TCFIM: www.uch.edu/integrativemed or find us on Facebook; Lisa.corbin@ucdenver.edu

Strauss-Wisneski Complementary and Indigenous Medicine Collection: http://hslibrary.ucdenver.edu/strauss

Academic Consortium for Integrative Medicine and Health: http://imconsortium.org

Bravewell Collaborative: http://www.bravewell.org

AlterMed Research Foundation: http://www.altermedresearch.org