



# Integrative Health Residency Program

## PROGRAM

- The Integrative Health in Residency program (IHR) is designed for medical residents who wish to incorporate integrative medicine education into their residency training. The content is delivered in an online curriculum presented by experienced subject matter experts in the field. Faculty members within the residency program may also participate in the IHR program.
- The IHR program offers comprehensive, evidence-based integrative, and whole health content on a user-friendly learning management system. The content can be accessed 24 hours a day, 7 days a week. The topics range from wellness to chronic illness and incorporate provider self-care and resilience.
- Residents who complete the IHR program may apply those hours towards AIHM's Foundations in Integrative and Whole Health Practice Certificate Program should they wish to pursue additional education near the completion of their residency training.





## ELIGIBILITY

Medical residents enrolled in US ACGME-approved residency programs and their faculty members are eligible to participate.



## COST

Please contact us for pricing information – [ecappelluti@aihm.org](mailto:ecappelluti@aihm.org)



## CURRICULUM

- Introduction to integrative and whole health
- Physician Wellbeing and Self-care
- Foundations of Nutrition
- Dietary supplements and botanicals
- Mind-body medicine
- Whole systems and manual medicine
- Environmental health
- Integrative approaches to healthcare (pain care, women's/men's health, pediatrics, mental health, and others)



## What benefits does the IHR program provide to your residents, faculty & program?

- Residents learn about integrative approaches to common clinical conditions and how to address patient questions on integrative treatment options.
- Faculty may use the program to refresh or develop basic integrative medicine skills that can be translated into clinical practice.
- The program enhances resident recruitment efforts.



## FAQ's

**Q:** I am a medical resident interested in this program. How can I apply and access the program?

**A:** Have your residency Program Director contact Bryan Hauf, MEd ([bhauf@aihm.org](mailto:bhauf@aihm.org)) for additional information needed to set up the IHR in your residency program.

**Q:** Is there any cost to me as a medical resident?

**A:** No, the residency program will pay your tuition cost.

**Q:** How long is the IHR program?

**A:** The program is designed to span 24 months of your residency training. Most residents will start the program at the beginning of their PGY-2 year.

**Q:** How many hours per week can I expect to spend on curriculum content?

**A:** The time commitment will vary slightly from month to month, but on average, you can expect to spend 1-2 hours per week reviewing the content.

**Q:** Can I access the content at any time?

**A:** Yes. The content is available 24 hours a day. Resources are available and the staff can be reached during normal business hours.

**Q:** If I want to continue my training in integrative medicine, do you offer other education opportunities?

**A:** Yes. If you complete the IHR program, the 140 hours can be transferred to our Foundations in Integrative and Whole Health Certificate Program.





## Will you join us?

Email [bhauf@aihm.org](mailto:bhauf@aihm.org) for additional program information or to bring IHR to your residency program.

Be a part of the transformation of our healthcare system!



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