The NCIPH will be piloting a 45-hour introductory interprofessional integrative healthcare course, Foundations in Integrative Health. As part of the funding, there is a pilot study to evaluate the impact and effectiveness of the course. The Foundations in Integrative Health course will be available online to enrolled pilot sites, January 19, 2016. Participants are expected to complete the course by June 30, 2016.

Our program has been selected to be a pilot site. We believe this is a great educational opportunity for our residents, graduate students, faculty and staff. The content of the course is relevant to our educational goals, and as participants in the pilot study, we will be able to provide feedback to help shape future versions of the course.

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To learn more about NCIPH visit:
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NCIPH Foundations in Integrative Health course is a 45-hour online, introductory competency based inter-professional course. The content will respond to the core principles of integrative health and addresses the competencies developed by the National Center for Integrative Primary Healthcare interprofessional leadership team. This course will be available as part of a pilot study January 2016.

Course Units:
1. Introduction to Integrative Health in Primary Care
   a. Definitions and principles of IM/IH
   b. Triple Aim and 4th missing aim
   c. Patient/Relationship based care
   d. Challenging case scenarios where IM/IH offers a different approach
2. Prevention and Lifestyle Behaviors
   a. Introduction to motivational interviewing and development of basic skills in lifestyle behavior change counseling
3. Healthcare Professionals Wellbeing
   a. Overview of stress and health and the unique challenges for health care professionals to stay well
   b. Skills in resiliency practices will be presented to put into practice (mindfulness, gratitude practices, appreciative inquiry, self-compassion).
4. Addressing Patients through an Integrative Lens
   a. Introduction of health providers that compose the primary care health teams (Pharm D, Nutritionist, NPs, Oriental medicine, Internal/Family Medicine, Pediatrics, Behavioral Health)
   b. Demonstrate through videos unique aspects of the integrative health assessment/health history in patients of diverse age, race/ethnicity/socioeconomic status, etc (Nutrition, Sleep/Stress management, Spirituality, Environmental exposures, cultural/beliefs, use of other integrative therapies)
5. Integrative Health Interventions
   a. Learners will use Integrative Health providers’ input three cases (adult, adolescent and a community) to identify the health problems and develop an integrative assessment and plan.
      i. Two patient cases, young adult/teen and adult with input from diverse providers
      ii. Community Health case: Population health case with identification of a health disparity and input of diverse providers
6. Community & Systems at Large
   a. Skills in assembling and working in integrative health care teams
   b. Specific examples of resources to use in primary care settings to provide integrative care to underserved populations: group visits, use of waiting time for mind-body interventions, community partnerships
7. Final Reflection and Post-Assessments
   a. Since the course is available to a wide variety of health professionals, each learner will reflect and list integrative health skills they will incorporate into their practice.