20,152 patient visits at the Center for East-West Medicine (CEWM)
New faculty member, Dr. Andrew Shubov, joined the CEWM team
New fellow, Dr. Katie Hu, joined the East-West Primary Care (EWPC) track and the second-year fellows Dr. Justin Laube and Dr. Felicia Yu
CEWM Clinic Expansion:
- Westlake Village – Dr. Malcolm Taw
- South Bay – Dr. Lawrence Taw
- UCLA Hospital (inpatient care) – Dr. Andrew Shubov
- East-West Primary Care in Santa Monica – Dr. Edward Hui

GOALS FOR 2016
1. Enhance East-West Primary Care Program
2. Build an integrative mental health component
3. Develop insurance-based shared-visits program and group classes

Trained 23 physician residents from various academic medical institutions
Increased enrollment in educational courses:
- Six-week (30HR) summer course, Medicine 180: “Introduction to Integrative East-West Medicine for Health,” from 31 to 33 students enrolled
- Two-week (80HR) intensive elective course, Medicine 207.01: “Integrative East-West Medicine for Fourth-Year Medical Students,” from 11 to 15 medical students enrolled
- Seven-week (14HR) selective course, Medicine 644D: “Introduction to Integrative East-West Medicine for First- and Second-Year Medical Students,” seven medical students enrolled

Resources Development: Integrative Eye Project, Herbal Medicine, and Integrative Oncology
CEWM Integrative Medicine Fellowship – a prerequisite for medical physicians taking the American Board of Physicians Specialties (ABPS) Integrative Medicine Board Exam
Outline of the CEWM East-West Book Project – completed
ExploreIM web portal, www.exploreim.ucla.edu, enhanced for easier, mobile-friendly access
CEWM Community Outreach and Involvement:
- Faculty and staff gave public lectures in the community, including at the 50+ program, UCLA Office of Resident Life, UCLA Rheumatology, primary care/internal medicine grand rounds, David Geffen School of Medicine at UCLA, breast cancer survivor groups, student groups, and caregiver organizations

“Integrating the best of Chinese and Western medicine in research, education, international collaboration, and clinical care to deliver healthcare that is patient-centered, effective, safe, and accessible.”
• Continued to facilitate projects with UCLA Collaborative Centers for Integrative Medicine (CCIM) and sponsored the Annual Student Conference for Integrative Medicine (ASCIM)

GOALS FOR 2016

1. Expand fellowship training program and increase recruitment efforts
2. Develop distant learning certificate program to introduce East-West concepts and self-care tools to practicing health professionals, caregivers, and health advocates
4. Continue developing the CEWM East-West Book Project

INTERNATIONAL COLLABORATION

■ East-West Exchange Program with China: leadership training program for mid-level healthcare professionals from Chinese Academy of Chinese Medical Science aimed at giving them a better understanding of how integrative East-West medicine is practiced in the United States
■ Globalization in relation to the modernization of traditional Chinese medicine (TCM):
  1. Visual History Project
  2. TCM Modernization Lecture Series

GOALS FOR 2016

1. Develop the Shanghai Leadership Training Curriculum for 2017-2019
2. CEWM faculty to travel to various countries, especially China, to strengthen scientific collaborations

RESEARCH AND PUBLICATIONS

■ PUBLICATIONS:
  • “Acupuncture and allergic rhinitis,” Current Opinion in Otolaryngology & Head and Neck Surgery
  • “Effect of Perineal Self-Acupressure on Constipation: A Randomized Controlled Trial,” Journal of General Internal Medicine
  • “Factors Affecting Definitions of and Approaches to Integrative Medicine: A Mixed Methods Study Examining China’s Integrative Medicine Development,” Evidence-Based Complementary and Alternative Medicine Journal
  • “Treatment of Posttraumatic Abdominal Autonomic Neuropathy Manifesting as Functional Dyspepsia and Chronic Constipation: An Integrative East-West Approach,” Global Advances in Health and Medicine
• “Integrative medicine, or not integrative medicine: that is the question,” *Journal of Integrative Medicine*
• “Acupuncture and Trigger Point Injections for Fibromyalgia: East-West Medicine Case Report,” *Alternative Therapies in Health and Medicine*
• “Oculomotor Nerve Palsy – An Integrative East-West Approach,” *Proceedings of UCLA Healthcare*
• “More than a Gut Feeling: An Integrative East-West Approach to Managing Severe Abdominal Pain Associated with Irritable Bowel Syndrome,” *Proceedings of UCLA Healthcare*
• “Clinical practice of integrative medicine in the United States and its application in primary care,” *Chin J Integr Trad West Med*

**GOALS FOR 2016**

1. **Publications:**
   a. “Effects of acupuncture to supplement care for patients with end-stage congestive heart failure in the hospital’s cardiac intensive care unit”
   b. “The role of traditional Chinese medicinal herbs and antimicrobial resistance”
   c. “Early acupuncture research and practices in China: a qualitative study with leading Chinese researchers”
   d. “Pattern differentiation and its application in clinical practice and research: a qualitative study with leading Chinese integrative medicine experts”
   e. “Perspective on policy implications for the future development of integrative medicine: the insights from a qualitative study”

2. **Research Proposals:**
   a. Study of Integrative Medicine model at UCLA Center for East-West Medicine
   b. Clinical study on Transcutaneous Electrical Nerve Stimulation (TENS) device for various clinical condition and patterns
   c. Population health study via an acupuncturist network in Los Angeles
   d. Clinical study on the eight essential acupressure points for commonly seen conditions at the Center for East-West Medicine clinic

For more information: [http://www.cewm.med.ucla.edu](http://www.cewm.med.ucla.edu)

How to Give: [giving.ucla.edu/EastWestMedicine](giving.ucla.edu/EastWestMedicine)