

Updated 06/06/16

2016 UCLA Summer Session A
Medicine 180: Integrative East-West Medicine for Health and Wellness
Syllabus

Part of the Brain-Mind-Wellness Series at UCLA

Course Instructor: **Ka-Kit Hui, MD, FACP**, khui@mednet.ucla.edu
(cc emails to TAs with subject heading "MED180" to ensure response)

Office Hours: By appointment only
UCLA Center for East-West Medicine
1015 Gayley Avenue, Suite 105
Los Angeles, CA 90024

Teaching Assistants:

Annie Law alaw@mednet.ucla.edu
Yumin Cho yumincho@mednet.ucla.edu
Christopher Chang christopherchang@mednet.ucla.edu

Start Date: June 21, 2016

End Date: July 28, 2016

Schedule: Tuesdays, Thursdays, 9:00AM-11:30AM

Location: Botany RM 325

Course Objective:

This course is designed to provide an overarching introduction to integrative healthcare and wellness, particularly the therapeutic approaches originating from traditional Chinese medicine (TCM). Students will learn (1) the theoretical underpinnings of integrative medicine and TCM, (2) the management of personal well-being through experiential learning of various therapeutic modalities, and (3) evidence-based research and clinical applications of integrative medicine (IM).

Topics include: integrative East-West medicine and its role in prevention and health cultivation; herbs and nutritional supplements; pain management using acupuncture, acupressure, massage, and other self-help techniques; as well as maintaining a healthy immune system and reducing inflammation and stress. Hands-on practice and interactive sessions will be incorporated.

Learning Objectives:

1. Understand the basic components of health in Eastern and Western perspectives, as well as the principles and techniques of traditional Chinese medicine.
2. Learn various approaches in conducting and searching for evidence-based research in complementary, alternative, and integrative medicines.
3. Achieve a basic understanding of the modern healthcare system including issues related to the healthcare reform, the role of integrative medicine, and patient-centered care.
4. Independently practice a variety of self-care measures with particular emphasis on the biopsychosocial, environmental, and nutritional frameworks in health cultivation.
5. Identify clinical applications of integrative medicine in various health conditions and community settings.

Required Readings and Assignments:

- All **reading** materials will be posted on the Medicine 180 LEC 1 (Summer 2016 – Session A) course website: <https://ccle.ucla.edu/course/view/161A-MED180-1>
- **Before 1st session** (Week 1 Tuesday 6/21), post your **CAM/IM Reflection** to the online course website.
 - Please include: Your Name, Year in School (if applicable), University/Affiliation
 - Instructions: Write a reflection (250-300 words) on your prior experience and/or exposure to

Updated 06/06/16

Complementary and Alternative Medicine (CAM) / Integrative Medicine (IM), be it in a formal treatment or a home/community practice.

- You may discuss, for example, whether you thought the modality was helpful, what you believe its mechanism of healing to be, or your thoughts on the practicality of the modality in modern healthcare.
- If applicable, please also include in your reflection any specific topics you hope to explore and/or questions you hope to be answered during your time in the class.
- Note: We do not expect you to do extensive research for this posting, as it is simply to get an idea of your exposure to CAM and IM.
- **Before 2nd session** (Week 1 Thursday 6/23) submit **Biography and CV** to the course website (worth 2% extra credit).
- **Before 3rd session** (Week 2 Tuesday 6/28) **watch documentary *Escape Fire: Fight to Rescue American Healthcare*, Don Berwick (2013)** for an in-class discussion on that day.
 - Viewings may be offered based on popularity of interest at the CEWM Gayley office. You may also choose to access the documentary on *Netflix* or *Amazon Prime*.
- **Midterm (Week 4 Tuesday 7/12)** will be based on lectures and readings.
- **Individual Final Paper, due on the second last day of class (Week 6 Thursday 7/26):** Both an e-copy **AND** a hardcopy are needed to complete submission. Submit an e-copy of your paper on the course website and a hardcopy in class. See the following pages for guidelines.
- **Final Project**

You will be randomly assigned to a person in the class for whom you will have to create a 'self-care' or 'wellness' box filled with 5-7 items that would, based on what you have learned in this class, benefit your partner. You can imagine that your partner is a patient and you are an Integrative Medicine Practitioner or Primary Care Doctor. Items can be purchased, made creatively or imitated tastefully (e.g. you can hand-make a yoga pass but it should not just be a piece of paper with 'yoga' written on it and must be well-explained).

The Final Project has 2 components:

1. Two-minute video explaining the self-care box. The **video is due by the second last day of class (Week 6 Tuesday 6/26)**
Please upload the video to youtube and send the link to Annie alaw@mednet.ucla.edu no later than 9am on Tuesday 6/26.
2. Self-care box **due on the last day of class (Week 6 Thursday 7/28)**

FINAL PROJECT GRADING CRITERIA

- **Items in the box pertain to at least 5 different topics covered in class (15/40)**
- **Explanation of items in the box are relevant and meaningful (15/40)**
- **Video is 1.5-2 minutes (3/40)**
- **Video and Box are creative (7/40)**

In-Class Participation

Students will receive participation points for attending each session, Escape Fire discussion and for in-class participation, which includes engaging in discussions, asking questions, and consulting with TA's on their final projects.

Grading Criteria

10% CAM/IM Reflection

2% Bio and CV Submission (Extra Credit)

30% Attendance and In-Class Participation

20% Midterm

20% Individual Final Paper

20% Final Project

Late Assignments

Every day an assignment is late, a third of the grade will be deducted.

Final Paper Guidelines

Select a topic in Integrative Medicine that interests you and write an original research article (body of article **1000-1500 words**, max 4 pages, format should follow the **style guide below**, single-spaced, 1-inch margins with a bibliography section that does not count towards the total word count, cover page is not required). The best articles will be selected to be published on the ExploreIM Web Portal <http://exploreIM.ucla.edu> (with author's permission).

Please reference these articles for the examples of writing style as well as different ways you could approach your article.

- Introduction to Transcutaneous Electrical Nerve Stimulation (TENS)
 - <http://exploreim.ucla.edu/news/introduction-to-transcutaneous-electrical-nerve-stimulation/>
- A Guide to Natural Ways to Alleviate Allergy and Sinusitis Symptoms
 - <http://exploreim.ucla.edu/wellness/a-guide-to-natural-ways-to-alleviate-allergy-and-sinusitis-symptoms/>
- Bleeding Gums: When Just Brushing and Flossing is Not Enough
 - <http://exploreim.ucla.edu/wellness/bleeding-gums-when-just-brushing-and-flossing-is-not-enough/>
- Researching Integrative Medicine: Challenges and Innovations
 - <http://exploreim.ucla.edu/research/researching-integrative-medicine-challenges-and-innovations/>
- Achieving Health and Balance through the Art of Eating – *This article is longer than recommended length, but tone and format are appropriate.*
 - <http://exploreim.ucla.edu/nutrition/achieving-balance-through-the-art-of-eating-demystifying-eastern-nutrition-and-blending-it-with-western-nutrition/>

MEDICINE 180: FINAL PAPER STYLE GUIDE

Your final paper should have a body of 1000 -1500 words (overall maximum 4 pages, single-spaced, 1-inch margins, cover page not required) and should be written up as a .doc or .docx according to the following style guide. The entire paper is worth 40 points, with the point breakdown as follows:

<u>1. ARTICLE TITLE</u> <ul style="list-style-type: none">• Keep the title succinct yet descriptive.	1
<u>2. EXECUTIVE SUMMARY/SYNOPSIS</u> <ul style="list-style-type: none">• One or two sentences highlighting the main concepts of the article.• The purpose of the synopsis is to provide readers a quick summary if they do not have the time to read the entire piece.	5
<u>3. OUTLINE</u> <p>Create a bulleted list of the key sections and/or main points of the article for readers to skip to each section.</p>	2

<p>Organize your article in accordance with your outline.</p> <p>4. INTRODUCTION</p> <p>A short, descriptive paragraph to introduce thesis and/or topic to your audience: patients, students, and health professionals alike.</p> <p>5. BODY OF ARTICLE</p> <p>The main content of the article, presenting what you have found. The angle from which you approach the article is up to you. Try to write in a straightforward, informational style for a lay audience. Your article's points should be well organized, in accordance with your outline, and paragraphs should not be excessively long. Try to vary vocabulary and sentence length for readability. Longer articles should have subsections, with their own titles, to break up the text. Refer to cited references by reference list number, not by name, i.e., [3, 4].</p> <p>6. CONCLUSION</p> <p>A summary highlighting the main message of your article and commentary on what you believe are the implications of your findings (eg: to the current state and future direction of integrative medicine, in relation to your personal experience with self, parents, friends etc., what further steps would need to be taken, potential applications to the community and society at large). Be creative and insightful.</p> <p>7. REFERENCES</p> <ul style="list-style-type: none"> • The article should have minimum 8 references, and at least half should be from peer-reviewed journals. • Below the article, include a numbered list to all cited PDFs, papers, peer-reviewed journals, etc. Refer to these by number in the body of the article using square brackets after the sentence for which you have referenced the source, i.e. <i>Sentence [#]</i> • All references should use JAMA style for citation. See http://jama.ama-assn.org/site/misc/ifora.xhtml#References. <p>8. IMAGE</p> <ul style="list-style-type: none"> • Option 1: Provide an original photo or illustration (include date and artist credit) to accompany the article. The website editor reserves the right to use the original photo/illustration you have provided or to select a photo from our collection. • Option 2: Select an image from iStockPhoto (Essentials collection only) and provide the reference number. If the article is chosen for publishing, the website editor will use either the image you have selected or a different photo from our collection. <p>9. BY-LINE</p> <p>Provide your name, credentials, if any, and affiliation.</p>	<p>5</p> <p>15</p> <p>5</p> <p>5</p> <p>1</p> <p>1</p>
<p style="text-align: right;">TOTAL</p>	<p>40</p>

Assignments Due		Medicine 180 Schedule		Instructor
Week 1	T 6/21	CAM/IM Reflections due online	<ul style="list-style-type: none"> Overview of the Course Introductions (9:05-9:25) Integrative East-West Medicine and the Components of Health and Prevention (9:25-10:25) <u>Break: 10:25-10:30</u> The IM Journey & IM Policy (10:30-11:30) 	Annie Law Ka-Kit Hui, MD, FACP Ryan Abbott, MD, JD, MTOM
	R 6/23	Biography and CV due online	Pre-Lecture: Acupuncture (online) <ul style="list-style-type: none"> Intro to Acupuncture and Acupressure Demonstration (9:00-10:00) <u>Break: 10:10-10:20</u> Experiential: Posture and Movement (10:20-11:30) 	Ka-Kit Hui, MD, FACP Eva Nemeth, MPT
Week 2	T 6/28	Watch Escape Fire Documentary by today's lecture	<ul style="list-style-type: none"> Discussion: Escape Fire (9:00-9:20) Role of Stress and Integrative Medicine (in the Lives of Veterans) (9:20-10:20) <u>Break: 10:20-10:30</u> Experiential: Qi Gong & Introduction to Tai Chi Session (10:30-11:30) 	Ka-Kit Hui, MD, FACP Kirsten Tillisch, MD Peter Asco
	R 6/30		<ul style="list-style-type: none"> Pediatric Pain (9:00-10:00) <u>Break: 10:00-10:10</u> Creative Expression and Healing Arts (10:10-11:10) Final Project Pairing Assignment (11:10-11:20) Evaluations (11:10-11:20) 	Roy Kao, MD Ping Ho, MA, MPH
Week 3	T 7/5		Pre-Lecture: Integrative East-West Nutrition (online) <ul style="list-style-type: none"> Safe Use of Common Supplements (9:00-10:10) <u>Break: 10:10-10:20</u> Overview on Mind-Body Medicine and Research (10:20-11:20) Discussion in pairs for Final Project (11:20-11:30) 	Katie Hu, MD Helen Lavretsky, MD
	R 7/7		<ul style="list-style-type: none"> Metabolic Syndrome- East-West Perspective (9:00-10:00) <u>Break: 10:00-10:10</u> Experiential: Mindfulness Meditation (10:10-11:20) Questions about Midterm/Final Paper/Final Project (11:20-11:30) 	Yumin Cho, PhD, PhD Marvin Belzer, PhD
Week 4	T 7/12		<ul style="list-style-type: none"> Midterm (9:00-9:50) <u>Break: 9:50-10:00</u> CEWM Patient Testimonial (10:00-11:20) Evaluations (11:20-11:30) 	Ka-Kit Hui, MD, FACP
	R 7/14		<ul style="list-style-type: none"> IM in China (9:00-10:10) <u>Break: 10:10-10:20</u> Women's Health throughout the Life Cycle: Useful tips (10:20-11:30) 	Weijun Zhang, DrPH Dawn Upchurch, PhD, LAc
Week 5	T 7/19		<ul style="list-style-type: none"> Overview on Obesity & Nutrition (clinical/research) (9:00-10:10) <u>Break: 10:10-10:20</u> EW Nutrition (10:20-11:30) 	Zhaoping Li, MD Ka-Kit Hui, MD, FACP & Yumin Cho, PhD, PhD & Yuting Yin PhD

	R 7/21		<ul style="list-style-type: none"> • Trigger points, Myofascial Release & the IM Journey (9:00-10:10) <u>Break: 10:10-10:20</u> • Sports Medicine (10:20-11:30) 	Justin Laube, MD Yumin Cho, PhD, PhD
Week 6	T 7/26	Individual Final Paper and Final Project Video due	<ul style="list-style-type: none"> • TCM Sleep and Dental Health (9:00-10:10) <u>Break: 10:10-10:20</u> • Community Health and Access to IM (10:20-11:30) 	Cynthia Diep, DDS, LAc Myles Spar, MD
	R 7/28	Final Project Box Due	<ul style="list-style-type: none"> • Student Final Project Videos Viewing (9:00-10:10) Break: 10:10-10:20 • Evaluations (10:20-10:30) • Concluding Remarks (10:30-11:30) 	Ka-Kit Hui, MD, FACP