

2014 UCLA Summer Session A
Medicine 180: Integrative East-West Medicine for Health and Wellness
Syllabus

Brain-Mind-Wellness Summer Courses at UCLA

Course Instructor: **Ka-Kit Hui, MD, FACP**, khui@mednet.ucla.edu

(cc emails to TAs with subject heading "MED180")

Office Hours: By appointment only

UCLA Center for East-West Medicine

1033 Gayley Avenue, Suite 111

Los Angeles, CA 90024

Teaching Assistants:

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Start Date: June 24, 2014

End Date: July 31, 2014

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 clinical site visits 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.

Readings: All reading materials will be provided on the Medicine 180 LEC 1 (Summer 2014 - Session A) course website: <https://ccle.ucla.edu/course/view/141A-MED180-1>

Recommended Readings and Resources before the class starts:

Documentary: *Escape Fire: Fight to Rescue American Healthcare* (2013), Don Berwick

The Web that has No Weaver: Understanding Chinese Medicine by Ted Kaptchuk – Chapter 1

Grading Criteria

40% Attendance and In-class Participation

20% Online Discussion

40% Final Project

Late Assignments

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

Online Discussion

Before we can help others, we must first promote wellness for ourselves. What better platform to do this than with your fellow peers in this specific course! Therefore, we will have weekly discussion forums on the online course website to share and discuss topics and resources related to class and wellness in general.

Instructions:

1. Log into the MED180 course website:
<https://ccle.ucla.edu/course/view/141A-MED180-1>.
2. Go to the Week corresponding to the class and select "Week # Discussion Forum".
3. Under each weekly discussion forum, **post one topic** related to what was covered or discussed in class, and also **comment or reply on at least 2 topics** or comments posted by your fellow classmates.

Clinic Visit (Week 4)

All students will be visiting the UCLA Center for East-West Medicine's integrative medicine clinic. The clinic visit day will be divided into two sessions (Group A, 9-10:15AM, and Group B, 10:15-11:30AM). Sign-ups will be available in class during Week 3.

UCLA Center for East-West Medicine Clinic

2336 Santa Monica Blvd., Suite 301, Conference Room
Santa Monica, CA 90404

Final Project

Choose one of the following options for your final project due on the last day of class on Thursday, July 31.

<p style="text-align: center;"><u>Term Paper</u></p> <p>Select a topic of your choice approved by the professor and write a 5-7-paged research paper (format should be double-spaced, 1-inch margins with a bibliography section that does not count towards the total page count, cover page is not required). Please cite your references in the NLM style format: http://www.ncbi.nlm.nih.gov/books/NBK7256/</p> <p><u>Example Topics include:</u></p> <ul style="list-style-type: none"> - Specific versus Non-specific Therapies - Acupuncture in the Military for Pain, PTSD or/and Polypharmacy - Lifestyle changes in the reversal of severe and chronic disease versus high tech intervention - The importance of physical fitness and posture on health and prevention - Healthcare crisis: Cost effectiveness and Quality care - Integrative Medicine and its potential in primary care - East-West approach to a disorder/disease through case studies - Policy or public health issue relevant to integrative medicine 	<p style="text-align: center;"><u>Experiment/Self-Study</u></p> <p>Design an experimental procedure that will measure health outcomes, attitudes, or behavioral changes in you (self-study) or your study volunteers. Write a 5-7-paged report that details your theory, methods, results, and conclusion (that must include the challenges and how this experiment or study can be improved).</p> <p>Please cite your resources in the NLM style format: http://www.ncbi.nlm.nih.gov/books/NBK7256/</p> <p><u>Topic suggestions:</u></p> <ul style="list-style-type: none"> ➤ Acupressure self-massage ➤ TCM food therapy ➤ Tai Qi or Meditation
<p style="text-align: center;"><u>IM Media Project</u></p> <p>You may work on a media project in a group of up to 4 students. You or your team will create and present a media project (mov, mpeg4, wmv, avi, etc) up to 7-minutes long on a topic relevant to integrative medicine (IM) in population health. The main criterion for this project is to deliver a message that teaches the public about IM and/or its role in health promotion and patient-centered care. Presentations will be shown to the class on Thurs, July 31.</p> <p>Please note that your project will be uploaded on our ExploreIM YouTube channel account with the abstract as a description. Please cite your resources in the NLM style format: http://www.ncbi.nlm.nih.gov/books/NBK7256/</p> <p>Your group project must be accompanied by a brief report (up to 3 pages) that includes:</p> <ul style="list-style-type: none"> o An abstract to summarize the purpose and why your group decide on the topic o How the work was divided among the group members o A discussion of lessons, challenges or implications you discovered while working on the project 	<p style="text-align: center;"><u>Book Report Presentation</u></p> <p>Select a book that relates to Integrative East-West Medicine and prepare a presentation up to 7-minutes long to share any interesting thoughts, ideas, or findings that you have made and formulating a discussion with the class on them.</p> <p>The goal of this project is to get a deeper understanding and explore other perspectives on Integrative East-West Medicine in a wide variety of fields, even outside of medicine and healthcare.</p> <p><u>Example Books:</u></p> <ul style="list-style-type: none"> ➤ Adaptogens: Herbs for strength, stamina, and stress relief by David Winston and Steven Maimes ➤ Transforming Emotions with Chinese Medicine by Yanhua Zhang* ➤ Other-Worldly by Mei Zhan* ➤ The Tao of Healthy Eating by Bob Flaws ➤ You Can't Afford To Be Sick by Andrew Weil, MD ➤ The Web That Has No Weaver by Ted J Kaptchuk, OMD. ➤ Between Heaven And Earth by Harriet Beinfield, LAc and Efrem Korngold, LAc OMD

FINAL CHECK LIST

- Topic Selection – Finalize by July 9 (Week 3)**
- Outline and References, due Thursday, July 18 (Week 4):** Submit a hardcopy of your outline (up to 2 pages) for the Final Project at the clinic visit. Feedback will be given back by week 5.
- Final Project, due Thursday, July 31 (Week 6):** 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 on Thursday (8/1) or at our Gayley Office (1033 Gayley Ave, Suite 111, Los Angeles CA 90024) by 5:00pm

Medicine 180 Schedule

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Week 1	T (6/24)	<p>Overview of the Course & Expectations Introductions: Why IM Matters East-West Medicine, Integrative Medicine and the Components of Health and Prevention Discussion: Escape Fire</p>	<p>Linxin, Tatyana Ka-Kit Hui</p>
	R (6/26)	<p>Pre-Lecture: Stress from an EW Perspective (online) Review of pre-lecture and patient case with stress Role of Stress and Integrative Medicine in the Lives of Veterans Discussion: Role of Stress in Health and Disease (E-W perspective)</p>	<p>Ka-Kit Hui Kirsten Tillisch</p>
Week 2	T (7/1)	<p>Pre-Lecture: Acupuncture (online) Current Trends in Acupuncture (clinical/research) Application of Acupuncture and IM in the Military Demonstration</p>	<p>Ka-Kit Hui Lan Kao</p>
	R (7/3)	<p>Massage/Care-giver Stress Tai Chi Demonstration and Research Discussion: Q&A with speakers</p>	<p>Heather Palleiko Shin Lin</p>
Week 3	T (7/8)	<p>Identify Final Project Topic and Type</p> <p>Pre-Lecture: Integrative East-West Nutrition (online) Overview on Obesity & Nutrition (clinical/research) Discussion: Q&A with speakers</p>	<p>Ka-Kit Hui Zhao Ping Li</p>
	R (7/10)	<p>Creative Expression and Healing Arts Ophthalmology/Eye Health</p>	<p>Ping Ho Lan Kao</p>
Week 4	T (7/15)	<p>Overview on Mind-Body Medicine and Brain Management</p> <p>Discussion: Bringing mindfulness and brain management practices to the community (ie, home, corporations)</p>	<p>Matthew Brensilver Robert Bilder</p>
	R (7/17)	<p style="text-align: center;">Clinic Visit (Class divided into Session A and B)</p> <p style="text-align: center;"><i>Outline of Final Project due</i></p>	<p>Ka-Kit Hui Andrew Shubov</p>
Week 5	T (7/22)	<p>Patient Centered Care (PCC) v. TCM PCC East-West Approach to a Medical Home Model Discussion: Clinical Models for IM</p>	<p>Ka-Kit Hui Edward Hui Fellows</p>
	R (7/24)	<p>Overview on Herbal Medicine in the Clinical Setting Regulations and Quality Control of Herbal Products Panel Discussion: Current status of Herbal Medicine</p>	<p>Willow Liu Richard Ko</p>
Week 6	T (7/29)	<p>Discussion on Health Policies affecting IM in the US Community Health/Access to IM Discussion: Q&A with speakers</p>	<p>Ryan Abbott Myles Spar</p>
	R (7/31)	<p>Final Project due</p> <p>Student Final Presentations + Concluding Remarks</p>	