Goal

Experience the Chinese healthcare delivery system through the process of creating an actionable self-care plan using integrative medicine approaches.
Implementation: team-based learning

• Team-based learning: groups should be properly formed by equally distributing students in different categories.
  • Name the team with a Chinese medicine term
  • Focus on one of body constitutions for your final presentation

• Teams will work together from lectures, activities, case discussions, to mid-term, final presentations.
Identify Body Constitution

Starting from yourself

TCM theory
- Fundamentals
  - Yin Yang
  - Five Elements
  - Zang-Fu
  - Internal causes
  - External causes
- CM Diagnostics

Modalities
- Tai Chi
- Herbal medicine
- Herbal food
- Acupuncture
- Moxibustion
- Cupping
- Tui Na

Real-world setting
- TCM clinic
- Traditional treatment center
- IM department in hospital
- Punan community hospital

Healthcare system
- WM hospital
- CM hospital
- Community hospital
- Healthcare reform
- Global health

Starting from yourself
TCM Theory
Identification of body constitution by Prof. Qizhong Li
CM Diagnostics: Traditional vs. Modern
Modalities and Research
Tai Chi theory and morning practice
Herbal garden: Examining real herbs
Healthy food preparation
Diseases such as headache, stomachache, abdominal pain, aching pain in the joints, tendons and bones are often treated with this unique, which has the effect of releasing tendons and activating the meridians, regulating ying and wei systems, and resolving phlegm and food retention in the spleen and stomach.

Tuina

Manipulations
- Rolling
- Press-Kneading
- Pressing
- Pushing
- Rubbing
- Obliquely pulling
IM and Chinese Medicine in Real-world Setting
Shuguang Hospital: 
One Hundred Years of 
History and Development
Traditional treatments: basics, experiential and observation
Zhongshan Hospital: integrative medicine department within a top hospital in Shanghai.
Modern CM Clinic
Community Hospital – Punan hospital

hands-on Chinese preventive medicine and observation of integrative medicine use among the underserved population
Healthcare System, Public Health and Global Health
TCM theory
- Fundamentals
  - Yin Yang
  - Five Elements
  - Zang-Fu
  - Internal causes
  - External causes
- CM
  - Diagnostics

Modalities
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Self-care plan in theory

Actionable Self-care in real-world
Fact Sheet: Faculty and Courses

Faculty

- CEWM: 7
- SHUTCM: 16
- Fudan: 3
- Duke Kunshan University: 3

Courses: 102 hrs

- Taught in English
- Four lectures in Chinese with simultaneous translation

COURSE HOURS

- Experiential: 26%
- Group activities: 16%
- Lectures: 32%
- Other: 26%
- Site visits: 8%
- Excursions: 18%