

# Integrative Medicine at CU: What the health?

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## The Center for Integrative Medicine University of Colorado

- History and growth
- Clinical, research, education
- Future directions

# 2001



THE CENTER FOR  
INTEGRATIVE  
MEDICINE



# 2002



# 2004



2012 – Physical Therapy

2014 – Individual and group Yoga

# UCH Integrative Medicine Services



## General Assessment / Overview

Lisa Corbin, MD

Lauren Grossman, MD

Tish Bolshoun, PA

Jen Carroll, MD

## Traditional Chinese Medicine

Daisy Dong, LAc

Nancy Ngyuen, LAc

Ban Wong, LAc

## Massage therapy

Ann Mathews, CMT

Debra Szuster, CMT

## Nutritional Counseling

Holly Prehn, RD

## Pharmaceutical / Herbal Consults

Monika Nuffer, Pharm D

## Chiropractic

Brian Enebo, DC

Craig Kozak, DC

## Mind-body / Biofeedback

Carrie Landin, PsyD

Meredith Shefferman, PsyD

Justin Ross, PsyD

Joanne Whalen, PsyD

Felicia Greher, PhD

## Physical therapy

Marcus Kurek, PT

## Yoga Therapy

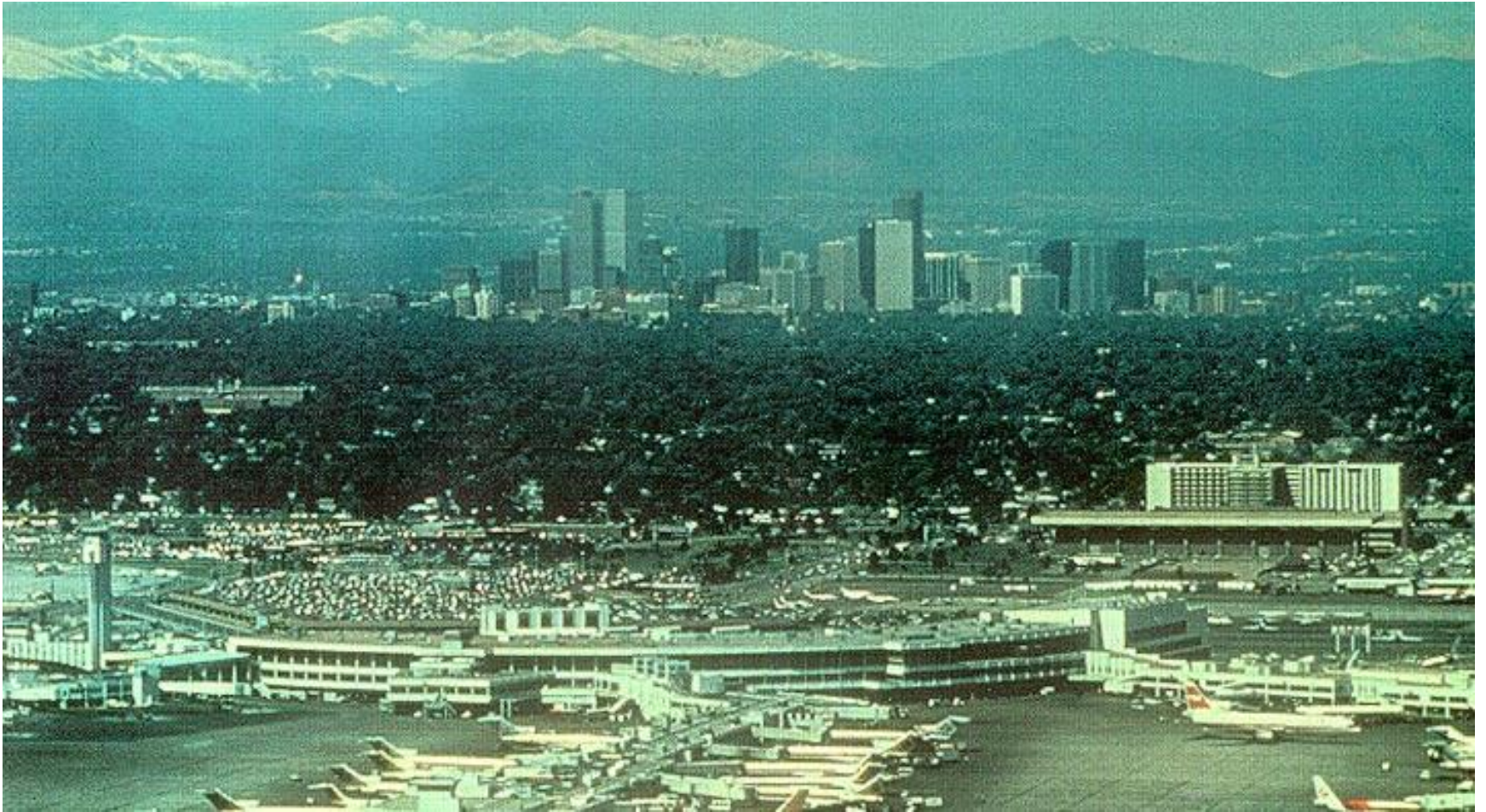
Carolyn Valdez, CYT



Old space at  
Anschutz Medical  
Campus



# Stapleton 1929 - 1995





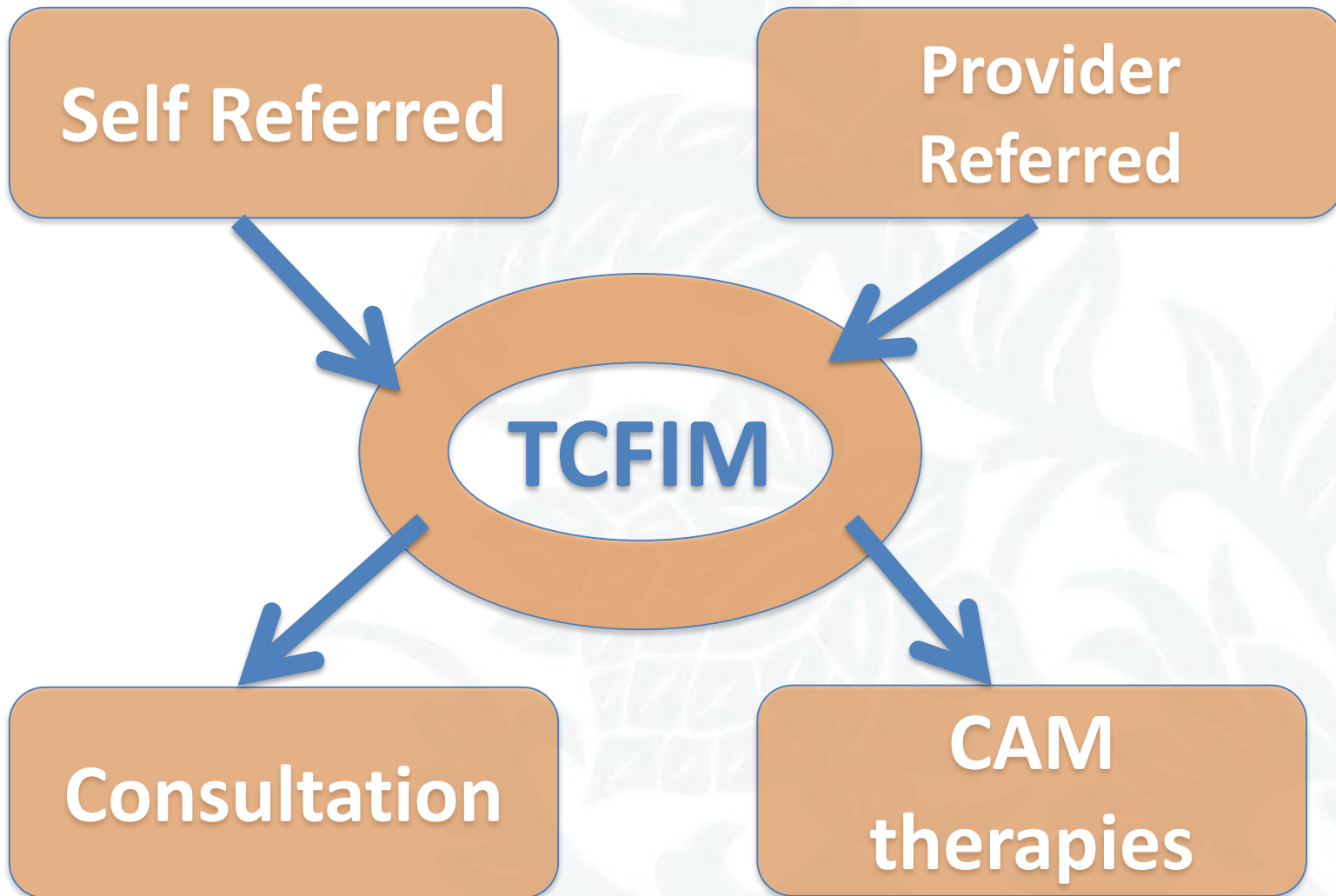


# The Center for Integrative Medicine

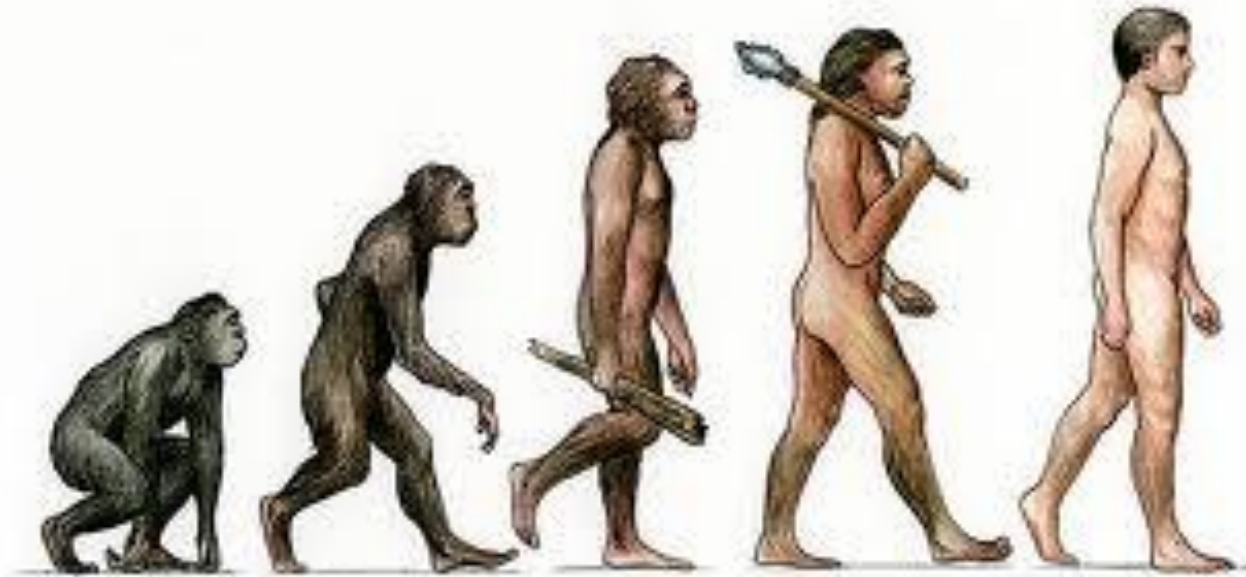
- 720-553-2750
- [www.uch.edu/integrativemed](http://www.uch.edu/integrativemed)
- UCH Locations
  - **Stapleton**
  - Anschutz
  - Lowry
  - CU Sports Med
  - CeDAR
  - Inpatient at UCH



# Clinical Model





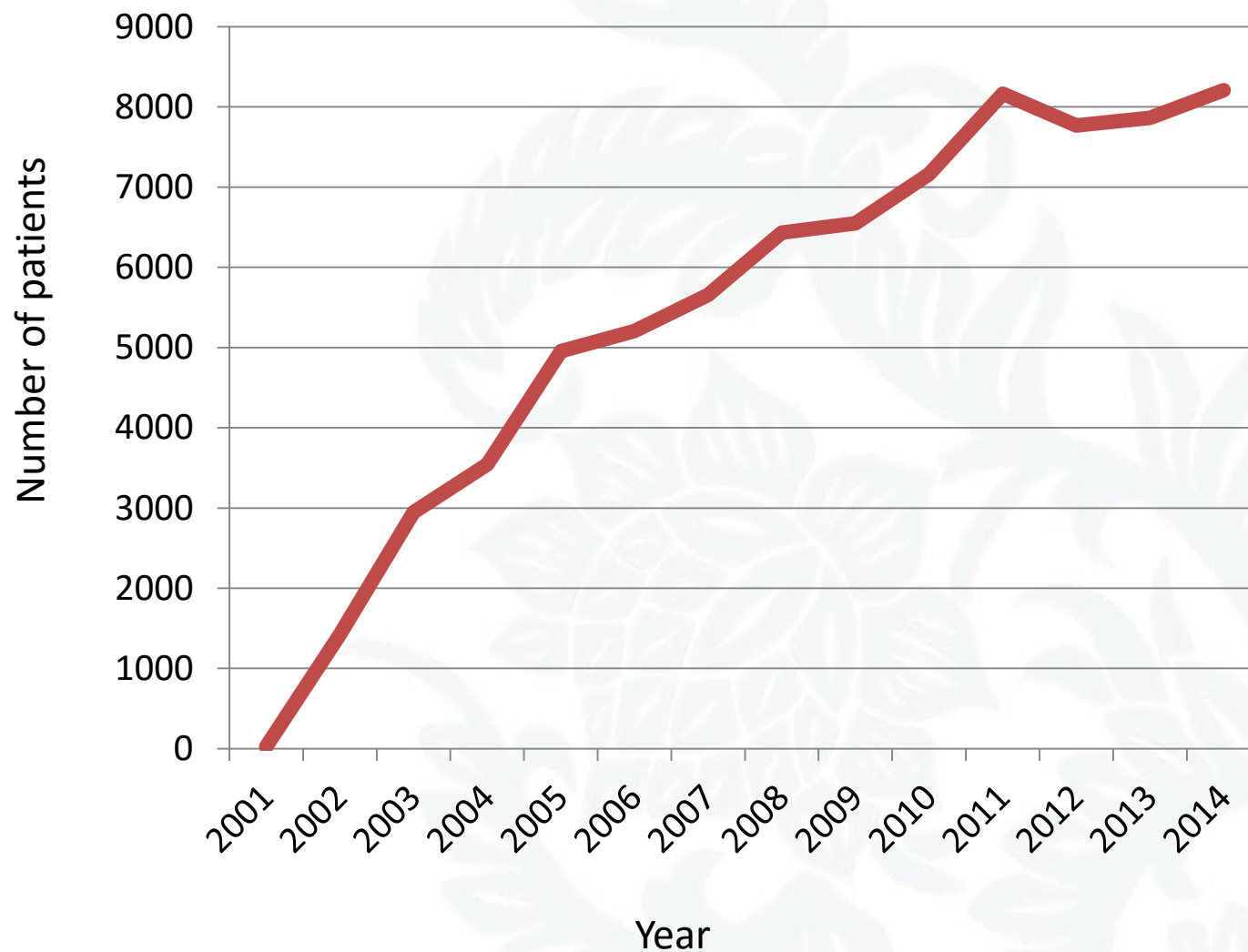


What does it mean?

# Common Concerns

- Chronic pain
  - Fibromyalgia
  - Headaches and migraines
  - Back / neck pain
  - Arthritis
- Cancer
  - Primary and secondary prevention
  - Treatment issues
- Women's Health
  - Fertility
  - Menopause
- Gastrointestinal
  - IBS
  - Dyspepsia
- Fatigue
- Depression / anxiety
- Stress management
- Chronic illness
  - Hypertension
  - Heart disease
  - Parkinson's
- Wellness / prevention

# Patient Volume by Year





# Sampling of TCFIM Research

- Acupuncture for fatigue in Parkinsons
- CAM for spinal cord injury
- Laser acupoint stimulation for back pain
- What Is Next? Cancer survivorship
- Massage for end of life “REST” Study
- PRIMIER – national PBRN database
- Medical student MSAs:
  - Teaching family medicine residents about supplements
  - Use of CAM by patients with cancer
  - Efficacy of Curanderismo for patients with chronic pain
  - Integrative medicine as a career choice

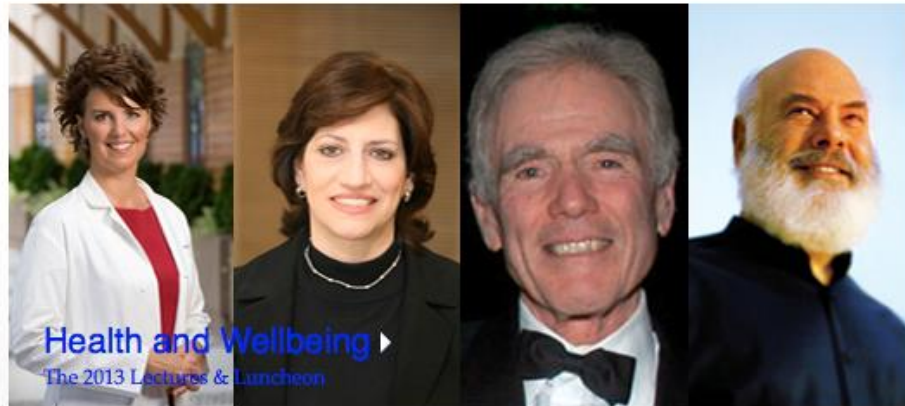
# *CAMPUS* research group

- Multispecialty group open to AMC
- “think tank” to foster collaborations
- Forum for Research in Progress presentations
- Small grants (up to \$10,000) available to active participants
- [Danielle.cook@ucdenver.edu](mailto:Danielle.cook@ucdenver.edu)



# The Bravewell Collaborative™

*Transforming Health Care and Improving the Health of the Public through Integrative Medicine*

[THE BRAVEWELL COLLABORATIVE](#)[VISION & MISSION](#)[INTEGRATIVE MEDICINE](#)[BRAVEWELL INITIATIVES](#)[BRAVEWELL PUBLICATIONS](#)

**Health and Wellbeing** ▶  
The 2013 Lectures & Luncheon



## BraveNet Launches Patient-Reported Outcomes Registry

Understanding the imperative for integrative medicine clinics to collect data that will demonstrate the effectiveness of integrative medicine interventions, Bravewell has directed the launch of PRIMIER.

[Learn More ▶](#)

## Landmark Study from The Bravewell Collaborative

Bravewell's recent publication "Integrative Medicine in America" provides current data on the patient populations and health conditions most commonly treated with integrative strategies.

[Learn More ▶](#)

## Featured Links

### The Leadership Program in Integrative Healthcare ▶

Lead the change in healthcare! A new Leadership Program in Integrative Healthcare will launch in 2015 at Duke University.

### Einstein Named as BraveNet Coordinating Center ▶

Albert Einstein College of Medicine of Yeshiva University will lead the Bravewell Integrative Medicine Research Network (BraveNet).

### 2013 Bravewell Leadership Awards ▶

The 2013 Leadership awards honored Tracy Gaudet, MD, and Myles Spar, MD, MPH.

### Summit on Integrative Medicine and the Health of the Public ▶

IOM President Harvey Fineberg, MD, PhD, presented the Summit Summary to Bravewell on November 4, 2010.

### PRESS CENTER ▶

Members of the press wishing more information about The Bravewell Collaborative, its activities and/or integrative medicine should click here.

*Health is the Key* ▶



# Integrative Medicine Education

- AMC trainees
  - Internal medicine resident elective
  - Preventive medicine longitudinal experience
  - Medical student electives (MS1/2, MS4)
  - Pharmacy student elective; certificate program (Dan LaBarberra)
  - PT student required course
  - CHA/PA course content
- Public and patient presentations
- Physician and nursing CME
- AlterMed – Colorado Integrative Medicine Conference [www.altermedresearch.org](http://www.altermedresearch.org)
- Strauss – Wisneski Indigenous Medicine Collection lecture series



“The Consortium is a collective voice for influencing and effecting change within integrative health.”

SAVE THE DATE FOR THE INTERNATIONAL  
CONGRESS ON INTEGRATIVE MEDICINE AND  
HEALTH: MAY 18-20, 2016 IN LAS VEGAS

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[SIGN UP FOR OUR NEWSLETTER](#)

[VIEW OUR JOB LISTINGS](#)

[ACCESS OUR MEMBERS ONLY SECTION](#)

[READ OUR MISSION STATEMENT](#)

[BROWSE OUR PAST EVENTS](#)

## WHO WE ARE

We've changed our name! The Consortium of Academic Health Centers for Integrative Medicine is now the Academic Consortium for Integrative Medicine & Health (The Consortium)

As an organization we are committed to sharing information and ideas, meeting challenges together in a process grounded by the values of integrative medicine, supporting member institutions, and providing a national voice for the advancement of integrative principles.

## WHAT WE DO

The mission of the Consortium is to advance the principles and practices of integrative healthcare within academic institutions. The Consortium provides its institutional membership with a community of support for their academic missions and a collective voice for influencing change.

PIONEERING. VISIONARY. INTEGRATIVE.

# Future Directions

- CLINICAL
  - More satellite clinic locations / embedded services
  - Inpatient services
  - Add Reiki, naturopathy
- RESEARCH
  - Increase CAMPUS group / collaborations / grants
  - BraveNet collaborations
  - MSAs, primary projects
- EDUCATION
  - Reinvigorated MS1/2 elective and resident experiences
  - Increase embedded content
  - Fellowships / immersive residencies / medical student tracks



# Philanthropy

\$1,965,000 thus far, primarily for clinical support

- Alan Baer Foundation
- The Anschutz Foundation
- The Leprino Family Foundation
- Lisa Turner Memorial Fund
- Mendel-Asarch Family Lung Cancer Foundation
- The Pink Ribbon Foundation
- Rollie R Kelley Family Foundation
- Sing for the Cure Foundation

\$1,000,000 in pledged support for research

More than money – community education and outreach are volunteer efforts from our team!

# Resources

TCFIM: [www.uch.edu/integrativemed](http://www.uch.edu/integrativemed) or find us on [Facebook](#); Lisa.corbin@ucdenver.edu

Strauss-Wisneski Complementary and Indigenous Medicine Collection:  
<http://hslibrary.ucdenver.edu/strauss>

Academic Consortium for Integrative Medicine and Health:  
<http://imconsortium.org>

Bravewell Collaborative:  
<http://www.bravewell.org>

AlterMed Research Foundation:  
<http://www.altermedresearch.org>



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