

NCIPH Foundations in Integrative Health is a 31.6-hour online curriculum. This introductory course sets the foundation of developing a core set of integrative healthcare (IH) competencies and resources for the variety of health professionals who work in primary care, such as direct and lay health care workers.

An Introduction to Interprofessional Integrative Health in Primary Care (2 hours)

Learning objectives:

1. Compare and contrast the definitions of Integrative Health (IH), Integrative Medicine (IM) and Complementary and Alternative Medicine (CAM).
2. Describe the core principles of IH/IM.
3. Identify patterns, challenges and opportunities of CAM and integrative therapies use.
4. Analyze how integrative health can contribute to the Institute of Health Care Improvement: Triple Aim.
5. Identify the orientation and components of patient-centered and relationship-based care.

Lessons:

1. Health: An Integrative Definition
2. Defining Principles of Integrative Health
3. Lifestyle Factors
4. Healthcare Costs & Outcomes in the USA
5. The Triple Aim
6. A Shift in Perspective
7. Self-reflection
8. Integrative Care Team: Scope of Practice
9. Potential Opportunities to Address Challenges in Primary Care with Integrative Health
10. Reflect on the Challenges

Prevention and Lifestyle Behavior Change Through Interprofessional Collaborative Practice (3.6 hours)

Learning Objectives:

1. Describe strategies on how to partner with patients and families to facilitate lifestyle behavior change.
2. Identify which of the three helping styles: directing, following, guiding are more appropriate for different patient/health provider interaction.
3. Experience strategies in Motivational Interviewing: importance and confidence, four questions, brief action planning, encouraging change talk.

Lessons:

1. Introduction
2. Transtheoretical Model
3. What is Motivational Interviewing?

4. Helping Style Responses
5. Directing, Following, or Guiding
6. Patient Motivation
7. Language as Motivation Indicators
8. The Research
9. Why Does it Work?
10. Helping Journey: Stage 1
11. Helping Journey: Stage 2
12. Helping Journey: Stage 3
13. Case Examples (Video)
14. Don't Tell, Ask
15. Strategies for Applying a Motivational Interviewing Approach
16. Enhancing Your MI Skills

Interprofessional Healthcare Wellbeing (4.5 hours)

Learning Objectives:

1. Evaluate the evidence for integrative health and lifestyle approaches to promote mental health and overall wellbeing.
2. Explore how stress and relaxation play a role in health and disease.
3. Explore the relationship between spirituality and health and articulate the importance of spirituality in health and wellbeing.
4. Identify three things commonly recognized to increase burnout in physicians, and explore how stress and personal self-care practices impact on provider well-being.
5. Describe three types of mindfulness practice and recognize a type of mindfulness that may benefit you personally.
6. Develop a personal resiliency care plan that includes aspects of mindfulness, self-care, and resiliency practices.

Lessons:

1. Wellbeing Self-Assessment
2. Introduction to Wellness
3. Wellness Inventory
4. Burnout
5. Resiliency
6. Mind & Spirit
7. Resiliency Practices
8. Personal Development
9. Wellbeing Self-Assessment 2

Addressing Primary Care Patients Through an Interprofessional/Integrative Lens (6 hours)

Learning Objectives:

1. Identify the skills and roles of the different health professionals who contribute to provide an integrative approach to primary care.

2. Describe the elements of a comprehensive integrative health history.
3. Identify questions and skills necessary to assess the following aspects of health in primary care settings:
 - a. Spirituality
 - b. Sleep
 - c. Stress Management
 - d. Nutrition
 - e. Environmental Health
 - f. Supplements and Herbal products
 - g. Integrative Therapies
4. Recognize the situations when a referral to an integrative health practitioner is recommended.

Lessons:

1. Addressing Patients through an Interprofessional/Integrative Lens
2. Assessment Focus Area: Spirituality
3. Assessment Focus Area: Environmental Health
4. Assessment Focus Area: Medications, Botanicals, and Dietary Supplements
5. Assessment Focus Area: Sleep
6. Assessment Focus Area: Stress Management
7. Assessment Focus Area: Nutrition
8. Assessment Focus Area: CAM Therapies

Collaborative Interprofessional Integrative Interventions (6.35 hours)

Learning Objectives:

1. Describe how to create an integrative plan of care that respects and accounts for patient circumstances, including (but not limited to) cultural beliefs and practices, family environment, and socioeconomic context.
2. Recognize the appropriate use of evidence in developing an integrative plan of care.
3. Incorporate input from integrative health practitioners when addressing patients' chronic medical conditions in primary care settings.
4. Develop integrative health plans for an adult and an adolescent patient case scenarios.

Lessons:

1. Adult Case
2. Adolescent Case

Interprofessional Practice in Community Settings and Systems at Large (6 hours)

Learning Objectives:

1. Understand how the concept of salutogenesis can guide the practice of integrative health in primary care settings.
2. Recognize the traits of effective interprofessional (transprofessional) teams.
3. Identify best practices for delivering integrative primary care in community settings.

4. Describe ways to effectively improve the healthcare system at large through integrative health principles.
5. Apply integrative health core principles when assessing a community and develop a population based intervention.

Lessons:

1. Introduction
2. Community Health Case