



## NCIPH Foundations in Integrative Health Online Curriculum



The National Center for Integrative Primary Healthcare (NCIPH) - Foundations in Integrative Health course is a 31.6-hour online, introductory competency based interprofessional curriculum. The content will respond to the core principles of integrative health and addresses the competencies developed by the National Center for Integrative Primary Healthcare interprofessional leadership team. This introductory curriculum 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.

### **Introduction to Interprofessional Integrative Health in Primary Care**

Learn the guiding principles of integrative health and medicine, share your opinion on the meaning of health and how to implement an integrative approach.

### **Prevention and Lifestyle Behavior Change Through Interprofessional Collaborative Practice**

Delve into Motivational Interviewing as an effective approach to collaborating with patients and supporting behavior change. Additionally, you'll get a brief introduction to the Transtheoretical Model of behavior change and explore the most common helping styles of communication, that healthcare professionals may use with patients/clients.

### **Interprofessional Healthcare Wellbeing**

This course looks at why physical and mental wellbeing are critical to our health - providing the foundation for a vital and productive life. Actively address your own wellness with an in depth inventory and goal setting. Learn about burn out, stress, the relaxation response, and an integrative approach to self-care. Work through boosting resiliency and learning about mindfulness. Wrap up with a personal professional time out exercise. Designed with health professionals in mind, but useful for anyone looking to decrease burnout and boost wellbeing. Includes at least 2 hours for offline activities.

### **Addressing Patients through an Interprofessional/Integrative Lens**

Integrative health care is patient-centered and relationship-based. This means addressing the myriad components of an individual's wellbeing—including nutrition, physical activity, sleep, environmental health, stress and relaxation, and spirituality. This also means establishing and maintaining relationships with not just patients and their families, but also with other members of an interprofessional healthcare team.

### **Collaborative Interprofessional Integrative Health Interventions**

Explore both an adult and adolescent patient case. Review their health history, hear from several health professionals on their approach to the case then reflect on these professional perspectives. At the end, you will form an integrative plan of care for each case.

### **Interprofessional Practice in Community and Systems at Large**

Many of the tools used in public health are also considered core to the field of integrative health, for example, dietary supplements and nutritional interventions, environmental interventions to decrease toxic exposures or creating safe places to increase physical activity. In this course, you will immerse in a community setting and identify ways to develop an integrative health intervention for a given population.



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### NCIPH – Foundations in Integrative Health Pricing

Number of potential students	1-100	101-249	250-499	500-999	1000-2000
Set up fee (one time cost)	\$4,000	\$4,000	\$4,000	\$4,000	\$4,000
Curriculum subscription cost (Annual)	\$9,000	\$16,000	\$22,000	\$27,000	\$31,000

Discounts are available for NCIPH pilot sites and Integrative in Medicine Residency (IMR) sites. Please contact: [azcim-bizdev@list.arizona.edu](mailto:azcim-bizdev@list.arizona.edu)

The Foundations in Integrative Health curriculum has been approved for accreditation by the National Center for Interprofessional Practice and Education, hours (31.6 AMA APRA Category 1 for Physicians, 31.6 CNE for Nurses, 3.16 via ACPE for Pharmacists).

#### Features

- Built for widespread deployment across educational institutions and clinics.
- Responds to IH competencies developed by renowned interprofessional health team.
- Common curriculum based on priorities across the interprofessional spectrum of primary care & other healthcare professionals.
- Developed for an interprofessional collaborative team.
- Case-based instruction.
- Addresses physician and healthcare professional wellbeing.

#### Benefits

- May help meet institutional interprofessional training requirement.
- Fills knowledge & skills gap in integrative health for primary care health professionals.
- Provides a common platform & content for interprofessional team training and development.
- Supports an interprofessional collaborative team approach to patient care.
- Increases participant resiliency which may decrease burnout.
- Meets many of the ACGME's Common Program Requirements for physician wellbeing.
- 66% of program participants incorporated new self-care practices from what they have learned from the course.



In support of improving patient care, this activity has been planned and implemented by the Andrew Weil Center for Integrative Medicine at the University of Arizona and the National Center for Interprofessional Practice and Education. The National Center for Interprofessional Practice and Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE) and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

