INTEGRATIVE EAST-WEST MEDICINE

To introduce a patient-centered approach incorporating traditional Chinese medicine as a major representative of complementary and alternative medicine (CAM) traditions in clinical problem-solving.

Objectives: By the end of the course, students will be able to:

- Understand the scope of CAM and compare paradigm differences between biomedicine, Chinese medicine, and integrative medicine
- Use reliable resources to learn about herb mechanisms of action, indications, contraindications and interactions
- Develop an appreciation for the mechanisms and applications of acupuncture and identify the location of at least 5 major acupuncture points
- Examine for trigger points to assess pain and non-pain conditions
- Design an integrative East-West self-care plan
- Search the medical literature in the areas of CAM and integrative medicine.

Course Chair: Katie Hu, M.D., Center for East-West Medicine Fellow

Additional Teachers: Justin Laube, M.D. and Felicia Yu, M.D.

Student Requirements: Completion of online modules, attendance during clinic experimental sessions, and a case discussion or specialized topic presentation during final session

Teaching Methods: Case discussion, clinic experience with patient interaction, patient testimonial, acupuncture workshop, massage workshop, tai-chi workshop

Enrollment: Maximum of 15 students, minimum of 6 students

Sponsoring College: Primary Care College

Schedule: 4:00 – 6:00, Mondays, Session B starting 1/8/2018.
Location: UCLA Center for East-West Medicine, 2336 Santa Monica Blvd., Suite 301, Santa Monica, www.cewm.med.ucla.edu/