

# Developing a Student-Driven Population Health Clerkship in Integrative Medicine for Cancer Care

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## Assistantship Objectives

- Develop a better understanding of available integrative medicine services in the Worcester area, and the populations they serve.
- Establish contacts in the integrative medicine community who may become involved in the population health clerkship or in other initiatives.
- Identify a specific population with a need for integrative medicine that can be served by a fall clerkship.
- Organize resources and ideas into a population health clerkship to be implemented in fall 2014

## What is a Population Health Clerkship?

- A 2 week immersion experience for second year medical students and first year graduate nursing students
- Students learn about population health and engage with the community while completing a service learning project
- See  
<http://www.umassmed.edu/fmch/communityhealth/pophealth/>



Image credit: <http://www.myhealingpartner.com/images2/banner.jpg>

## Collaborating Centers and their Missions

- **Simonds-Hurd Center for Complementary Care** – Fitchburg - “We are a hospital-based complementary care center dedicated to offering integrative practices that promote optimal wellness. The center’s goal is to enhance quality of life by promoting wellness, supporting recovery, encouraging resilience and building strengths, in concert with traditional care through each stage of an adult’s life.” <http://simondshurd.com/>
- **HeartWell Institute** – Worcester - Mission: “to provide ease of access to complementary care and to provide community education on health and self-care.” <http://www.heartwellinstitute.com/>
- **Virginia Thurston Healing Garden** – Harvard - “The Healing Garden is an educational nonprofit organization dedicated to providing integrative cancer care through therapeutic services, educational programs, and a healing environment for all people with a cancer diagnosis, as well as providing wellness education and support to promote cancer prevention for the community at large.” <http://www.healinggarden.net/>
- **Kripalu** – Stockbridge - Mission: “to empower people and communities to realize their full potential through the transformative wisdom and practice of yoga.” <http://www.kripalu.org/>
- **Center for Mindfulness** – UMASS - Mission: “Explore, understand, articulate and further mindfulness in the lives of individuals, organizations and communities through clinical care, rigorous scientific research, professional training, and informed public discourse.” <http://www.umassmed.edu/cfm/>
- **Listening Wellness Center** – Barre - Mission: “to provide ease of access to complementary care and to provide community education on health and self-care.” <http://www.listeningwellness.org/>

## Clerkship Goals

- Research, explore, and engage with integrative modalities such as: acupuncture; massage; Reiki; meditation; mindfulness; yoga, and nutrition.
- Participate in interdisciplinary collaboration to develop a proposal or materials to enhance patient and doctor access to and knowledge of integrative services available to patients with cancer; or, identify and address another need in this population.
- Observe and interview practitioners and patients to understand the role of integrative medicine in cancer care.
- Reflect on personal experience with various modalities as well as observations in the field and knowledge gained from research.

## Opportunities for Further Research

- Quality improvement study for this Population Health Clerkship and others in general.
- Advance research from service learning project that students choose to explore.
- Initiate new research projects based on needs identified by clerkship students.



Image credit: <http://cim.ucsd.edu/images/homepage.jpg>

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