



**University of Cincinnati College of Medicine
Medical Student Scholars Program (MSSP) Specialty Track Application**

Specialty Track Title

Integrative and Lifestyle Medicine

Synopsis/Background

This MSSP is designed to broaden students' knowledge and experience with the fields of Integrative medicine and Lifestyle medicine in order to expand the students' expertise as a future physician and to promote self-care and wellness.

Goals/Objectives

- Understand the history and practices and principles of Integrative and Lifestyle Medicine
- Analyze the impact that culture, history, and politics have on conventional and integrative health practices, including factors such as research funding, publication bias, attitudes of conventional practitioners, and the history of new ideas in medicine.
- Describe the theoretical constructs, practices, safety, efficacy, evidence base and mechanisms of action of key integrative therapies.
- Experience a broad range of integrative therapies and interact with professionals working within those therapeutic arenas.
- Discuss research methodologies and review the science in order to better understand the safety, efficacy and clinical recommendations associated with integrative therapies
- Discuss and shadow clinical practice application of the appropriate use of integrative therapies in a variety of clinical settings and teams.
- Summer (and ongoing) research experience associated with integrative and lifestyle medicine.

Program Personnel (Faculty Director and Coordinator)

Dr. Sian Cotton, Faculty Director and Kelly Lyle, Coordinator

Financial Support

The Osher Center for Integrative Health (OCIH) will provide support for the program.

Enrollment Number

2-4 Students per year

General Description & Curricular Overview (please address clinical, didactic, advising, research, mentorship, project, leadership, service)

- Year 1 and 2
 - Attend the annual full-day OCIH Symposium as a volunteer and participant
 - Attend the annual Sanghvi Memorial Lectureship
 - Students will have the opportunity to shadow Integrative and Lifestyle Medicine practitioners (e.g., MD consults or group visits, mindfulness, music therapy, acupuncture, etc).
 - The OCIH has a robust research program and students will work with the Director and Center Faculty to develop and implement a research project
 - Students will be provided with didactic material to choose from aligning with interests (e.g., Integrative Gut Health or Mind-Body Medicine asynchronous course material)
 - Students will be mentored by Center faculty (36-affiliated faculty in 12 Depts)
 - Attend Student Interest Group Meetings
 - Option to attend Academic Consortium for Integrative Medicine and Health Annual Meeting; LEAPS program, or bi-annual International Congress on Integrative Medicine and Health
- Summer Research
 - Work closely with Center research staff on ongoing Center projects. Goal is to develop research abstract to present at the Academic Consortium for Integrative Medicine and Health Annual Meeting or International Congress or related meetings
- Year 3
 - Meet regularly with faculty mentor

Optional:

 - Attend the annual full-day OCIH Symposium as a volunteer and participant
 - Attend the annual Sanghvi Memorial Lectureship
- Year 4 - Students are required to take one, 2 week elective.
 - Culinary and Lifestyle Medicine 2 week elective OR
 - Mind Body Medicine 2 week elective