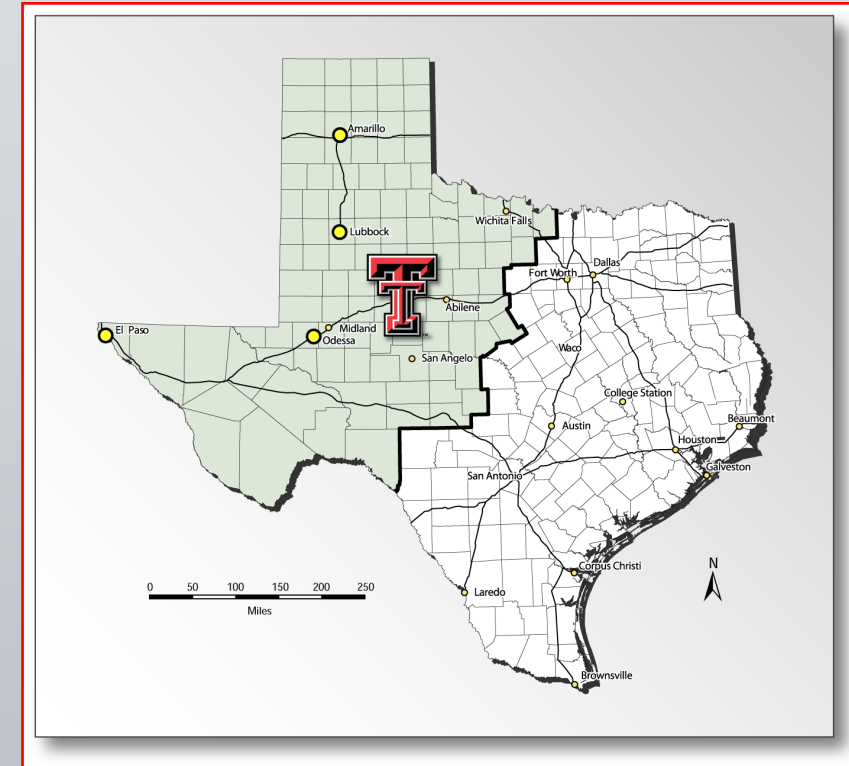


A Student-Generated, Peer-Led Teaching Activity for Integrative Medicine in a Family Medicine Accelerated Track

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FMAT Program:

TTUHSC has implemented a 3-year accelerated medical school curriculum that culminates in the MD degree and prepares students for a 3-year family medicine residency. The FMAT1 course focuses on the top 24 diagnoses in primary care. It is organized across 8 systems-based weeks

Project Background & Purpose:

More than half of adults in the U.S. say they use some form of alternative medicine. However, the definition of terms such as *Complementary and Alternative Medicine (CAM)* and *Integrative Medicine (IM)* change often, as CAM/IM therapies move into the mainstream. Thus, helping learners stay abreast of CAM/IM therapies remains a part of lifelong learning.

Project Objectives:

- 1) Apply basic sciences and clinical content covered in the course to CAM and integrative therapies
- 2) Demonstrate clinical competencies that apply to the basic science and clinical content covered during FMAT systems-based weeks
- 3) Demonstrate critical thinking and synthesis of information.

Methods:

- FMAT students studied evidence related to the use of CAM/IM in primary care.
- Students and faculty completed pre- and post-tests of knowledge and attitude, including matching therapies to indications and CAM confidence.
- In their assigned week, students were responsible for researching and presenting about CAM/IM therapies.
- Each student gave a brief presentation for 2 therapies, including one nutritional supplement, noting indications, drug interactions, MOA, sex- differences, safety issues, etc.
- Students completed worksheets and wrote a post-test question.



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CAM Therapies Presented

Cardiovascular Week

- Coenzyme 10 (CoQ10)
- Fish oil
- Garlic
- Capsaisin



Dermatology Week

- Pine bark extract
- Tea tree oil
- Mederma
- Manuka honey



Endocrine/GI Week

- Turmeric
- Acupuncture



Musculoskeletal Week

- Topical arnica
- Glucosamine Chondroitin
- Kratom
- CBD cream



Neuro-Psych Week

- Melatonin
- Mindful meditation
- Neurostimulation/ Cerena
- Butterbur/ Petadolex



OB/Gyn/ Urology Week

- Ginger root
- Saw palmetto



Respiratory Week

- Acupuncture
- Ivy leaf
- Raw local honey
- eCigarettes

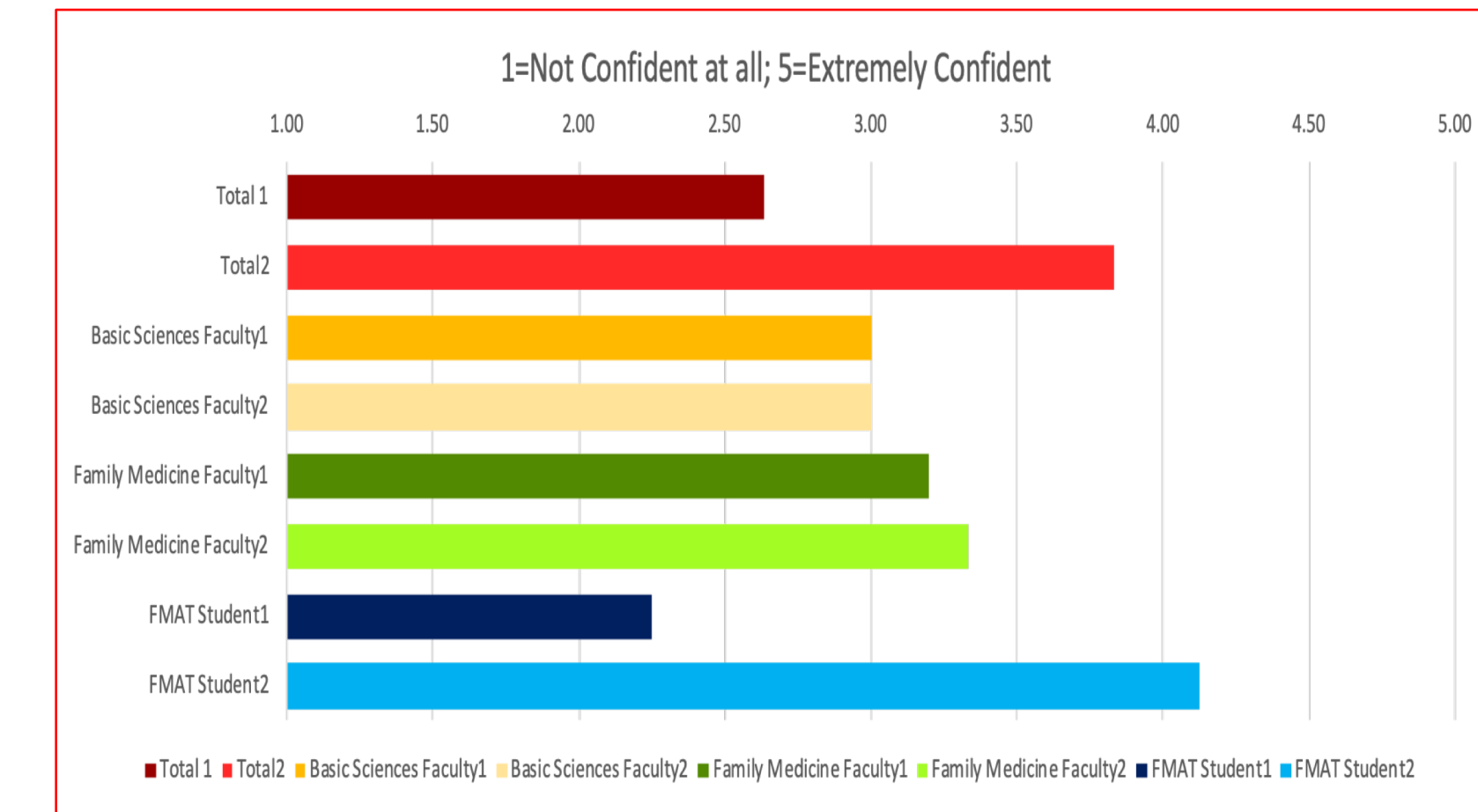


Presentation Details

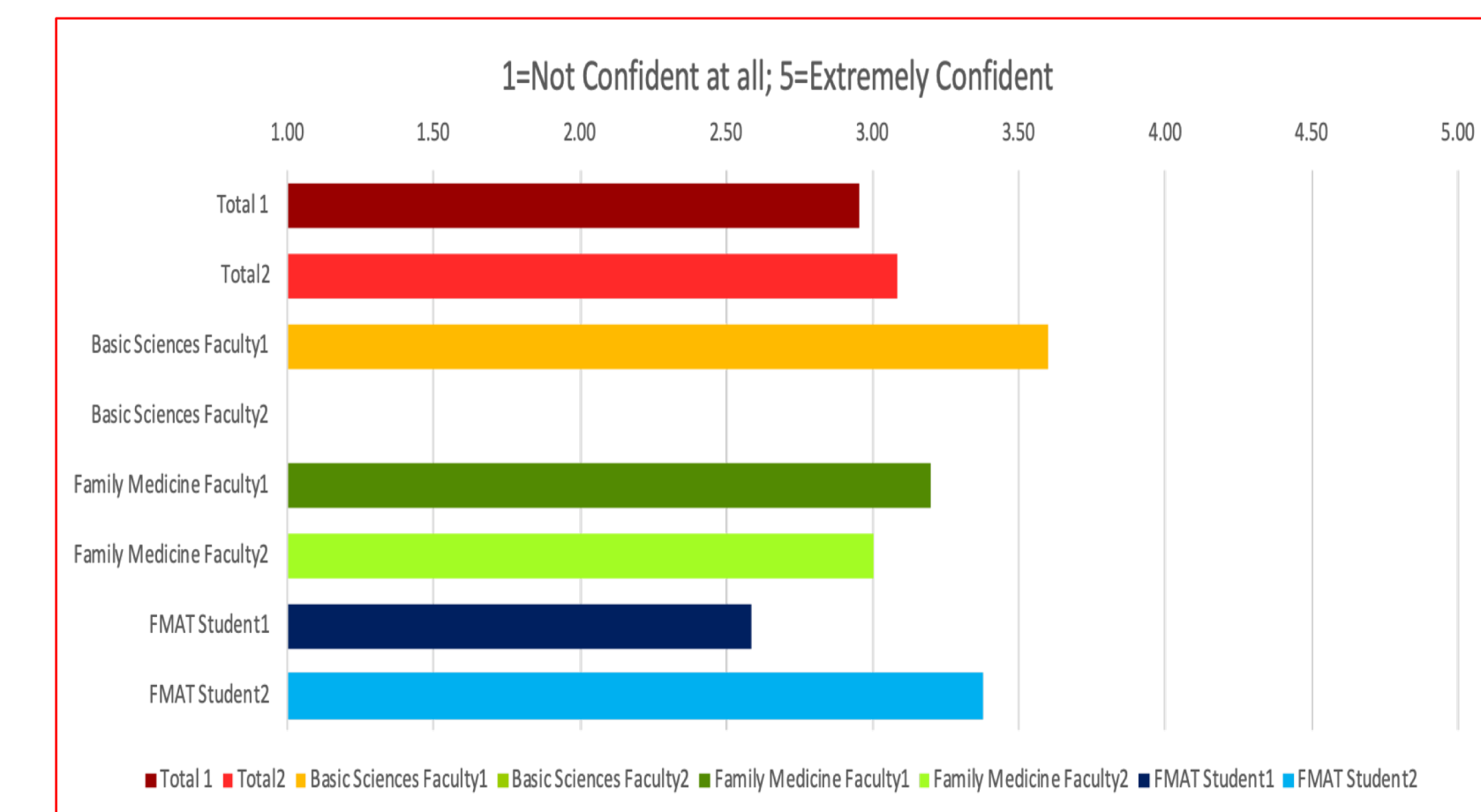
- Market name or common brand names, if any
- Indications/ conditions for use
- Means of delivery
- Evidence to support use, if any
- Mechanism of action, if known
- Safety issues/ Interaction with medication or other therapies
- Issues related to sex- or gender-differences-- such as in effectiveness, therapeutic action, or product marketing
- Important notes for patient education about this therapy
- Key sources or literature

Pre-/Post Results: CAM Attitudes

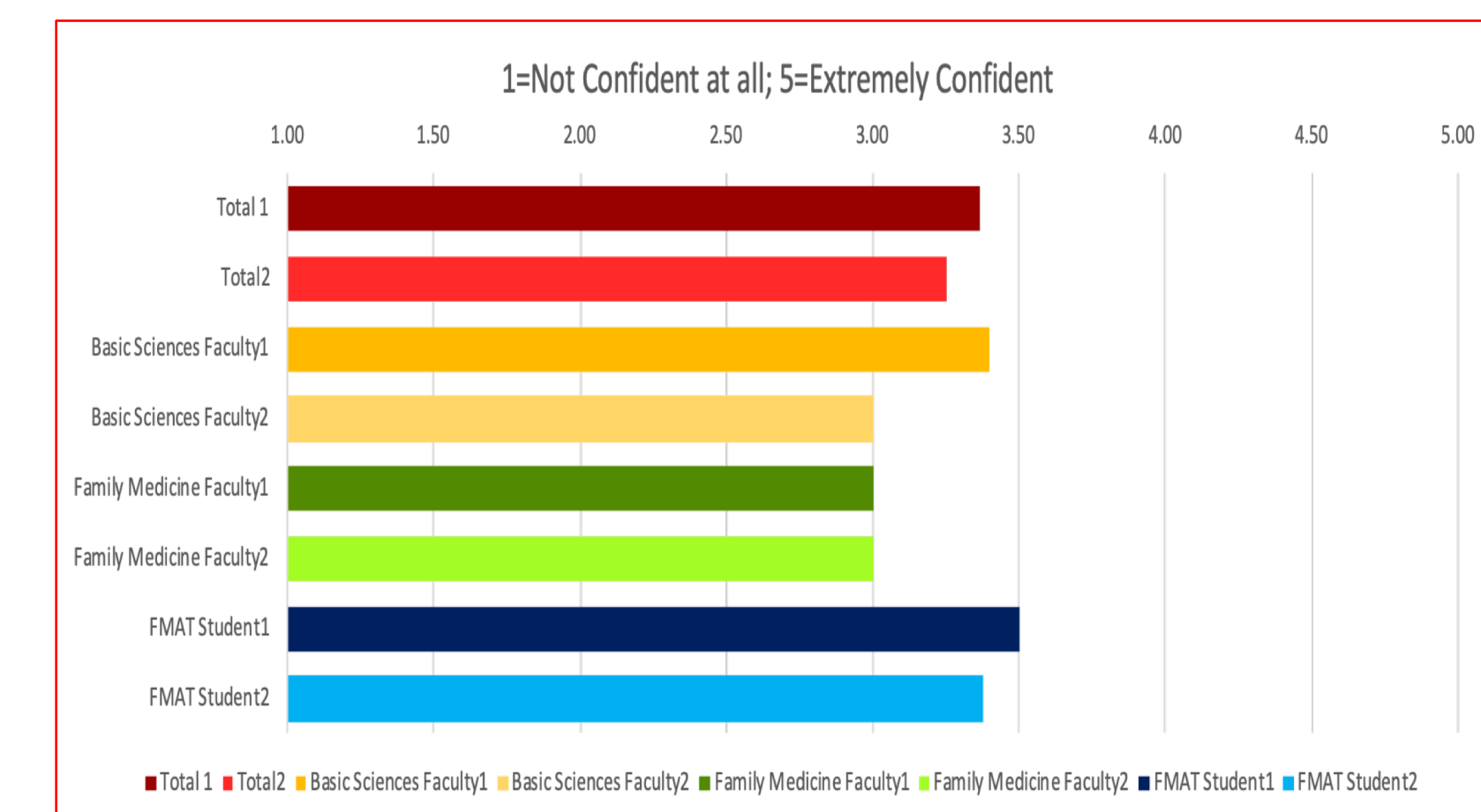
How confident would you feel explaining to a patient what integrative medicine is?



How comfortable are you looking up information on evidence, safety & interactions on CAM?



How useful do you think CAM therapies are as a part of health care?



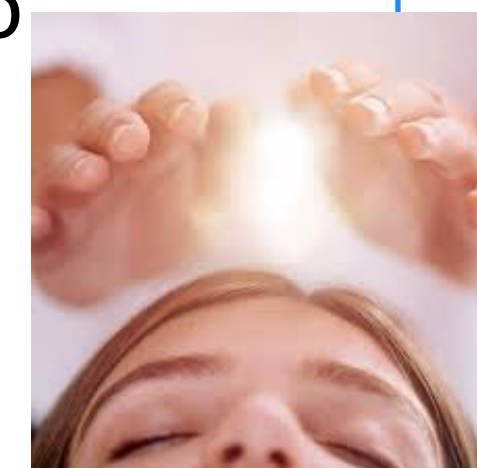
Pre- Test Results: Matching Therapy & Indication

- All Respondents (22) 40.0%
- Basic Scientist Faculty (5) 40.8%
- Family Medicine Faculty (5) 49.6%
- FMAT Students (12) 35.3%

Lutein: Most Understood by FM faculty, compared to others (100% FM vs 80%BS/33%FMAT)



Reiki: Most Understood by BS faculty, compared to others (80% BS vs 40%FM/ 33% FMAT)



Cranberry Juice: Most Understood (100% for all)
Also high: Calcium & Green Tea extract



Saw Palmetto: Least Understood (45% overall)
Also low: Reiki & Tai Chi



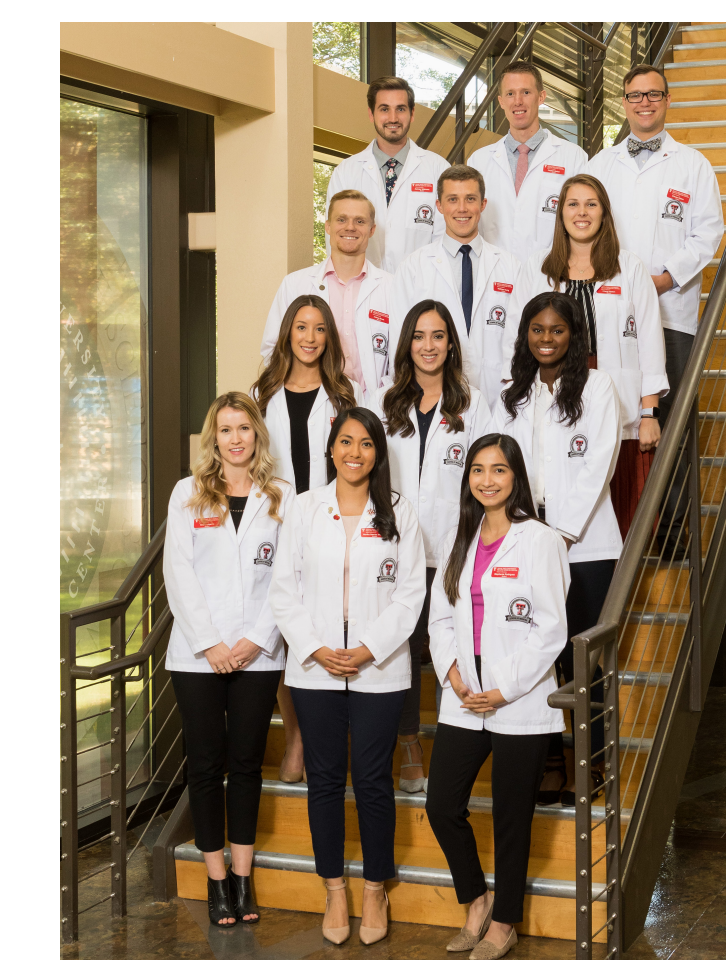
Pre- Post-Test Results: Matching

- All Respondents (16) 41.7%
- Faculty (6) 47.0%
- FMAT Students (10) 39.3%

	Pre-Test	Post-Test
Focus on therapies covered in presentations		
Saw Palmetto		
• All	45%	67%
• BS Faculty	60%	43% (all faculty)
• FM Faculty	80%	
• FMAT Students	20%	87.5%
Ginger Root		
• All	67%	95%
• BS Faculty	57%	100% (all faculty)
• FM Faculty	57%	
• FMAT Studentss	75%	92%
Glucosamine		
• All	72%	60%
• BS Faculty	80%	43% (all faculty)
• FM Faculty	80%	
• FMAT Students	67%	75%

Post-Test: Student-Generated Questions

- Faculty (6) 67.4%
- FMAT Students (10) 70.8%



Discussion & Conclusions

In the Family Medicine Accelerated Track (FMAT), TTUHSC has developed a unique strategy to improve the primary care physician workforce. FMAT affords students a complete medical education in three years, increased faculty support, financial incentives, and earlier clinical experiences. **This project offered a strong opportunity to:**

- Embed a self-directed learning activity into an ongoing course
- Address CAM/IM therapies, which are often not taught well in medical school
- Challenge students to integrate CAM with the week's content & diagnoses
- Use physician & scientist faculty expertise to guide discussions such as therapy MOA, drug interaction, potential for mis-information, safety, & sex differences
- Engage students directly in teaching & evaluation
- Pilot a model that can be expanded to other topics and courses