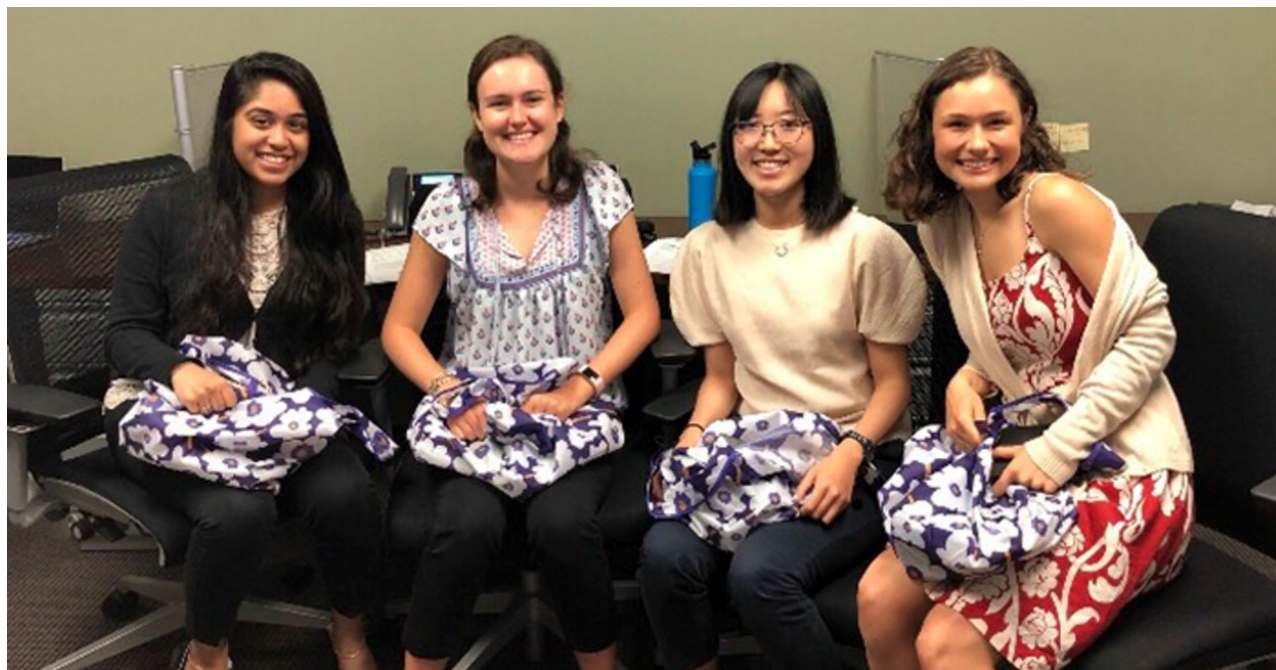


August 2019



Training the Physicians and Scientists of Tomorrow



Melinda Ring
MD, FACP
Executive Director

August is a time for BBQs, beaches and — before you know it — back to school. Training future physicians and scientists is one of the most enriching parts of our work at the Osher Center.

We just bid farewell to four outstanding undergraduate students in our [summer internship program](#). These students learned about integrative medicine through talks, shadowing and experiential sessions in the clinic. Today, one student got to use a stethoscope for the first time and hear the heartbeat of a patient in chronic atrial fibrillation. They also learned about research by supporting projects on positive emotion, yoga and nutrition. Our interns from previous years have gone on to receive MDs and PhDs, and several have started clubs at their home institutions to engage more students in holistic

Upcoming Events

Neuromodulation in Tune With the Body's Rhythms:
Enhancing Clinical Outcomes With Respiratory-Gated Auricular Vagal Afferent Nerve Stimulation
Tuesday, September 10
Osher Center at Harvard Grand Rounds

Mind, Mood and Food:
Optimal Nutrition for Body & Brain

health care.

At the medical school level, the Osher Center was happy to support Caroline Canning, a second-year Northwestern University Feinberg School of Medicine student, who attended the [Leadership & Education Program for Students in Integrative Medicine \(LEAPS\)](#) in June in California. For this program, 20 medical student leaders from around the U.S. are selected to participate in an intensive, week-long retreat to cultivate a sense of community and purpose in their medical careers. Students bring back a project to enrich their medical school.

Caroline plans to lead a project to educate patients on intuitive eating — a method of eating to optimize mental and physical well-being. She hopes this project will inspire members at her Education-Centered Medical Home to learn about integrative medicine.

Our graduate medical education program is also flourishing with the launch of a new Osher Collaborative curriculum. Anand Dhruva, MD, from University of California, San Francisco (UCSF) Osher Center for Integrative Medicine, and I are spearheading the creation of a two-year, modular integrative medicine curriculum.

In July, UCSF hosted the first Osher fellow immersion retreat, onboarding 10 new fellows, including our new fellow [Amrien Ghouse, DO](#). Northwestern University also hosted a curriculum development retreat for faculty from Harvard University, Vanderbilt University, UCSF, University of Washington and University of Miami. With input from experts from the six U.S. Osher Centers, we expect this curriculum to produce integrative medicine physicians who are compassionate, scientifically rigorous and poised to lead the field.

In the spirit of growth and well-being, I hope our investment in education inspires you to learn something new or become a mentor to someone in your life.

Integrative Medicine Is for Everyone

The [Integrative Medicine for the Underserved \(IM4US\) 2019 Annual Conference](#) was held August 22 to 24 at Santa Clara University in Santa Clara, California. The focus is **Solidarity & Self-Care – Supporting Social Justice and Balance in Integrative Health**. This year, the Osher Center was a sponsor, and two scholarship recipients



Friday, September 13, to Tuesday, September 17
Kripalu Center for Yoga and Health
Stockbridge, MA

Academy of Integrative Health & Medicine Annual Conference:
People, Planet, Purpose
Saturday, October 12, to Wednesday, October 16
Sheraton San Diego Hotel & Marina
San Diego, CA

MD Anderson Cancer Center's Integrative Medicine Program Workshop
Wednesday, October 16, to Thursday, October 17
MD Anderson Cancer Center
Houston, TX

were selected — one provider and one medical student — to attend the event.

Candice Domke-Hochberg, an Osher Center massage therapist, and Osama Siddiqui, a second-year medical student at Feinberg School of Medicine, attended the conference.

Domke-Hochberg, who has seen an increase in patients with [headaches](#) and body aches as a result of [text neck](#), back pain and [carpal tunnel syndrome](#) from daily technology use, was excited to expand her self-care knowledge. “Our lives are only getting busier. I have made it my mission to change the world — even if it’s only one muscle at a time,” she says.

“It’s what we do every day that brings people to my table,” says Domke-Hochberg. “I ask patients a lot of questions about work, sleep and daily habits. Body mechanics and daily activities create a lot of wear and tear. It’s my mission to help patients — even if it’s just showing them a stretch or a new way to carry their bag.”

Siddiqui is interested in integrative medicine and health equity. In his first year of medical school, Siddiqui attended various talks offered by the Osher Center, and he participated in [Cooking Up Health](#). He also worked closely with underserved patients as a coordinator for a free clinic in Chicago’s Devon neighborhood, which serves a primarily South Asian community — a population with a high prevalence of cardiovascular disease.

“Using integrative approaches is key in caring for our patients, especially since many of them recently moved to the U.S. and have limited access to health care,” he says.

Siddiqui has seen firsthand the impact approaches like nutrition counseling, exercise classes and meditation have had on these patients.

“I hope to use what I learned at the IM4US conference to help patients at the clinic, and in the long term, I hope to incorporate integrative medicine into my practice to empower patients to live healthier lives — regardless of socioeconomic status,” he says.

A Positive Psychological Intervention for Burnout

Globally, [264 million people experience anxiety](#) and more than [300 million people experience depression](#). Anxiety and depression are often caused by, or lead to, burnout. A closer look at the numbers shows that physicians, residents and medical students — many who work 80-hour weeks — are at significant risk of [burnout](#). In fact, [more than half of physicians and medical students report symptoms of burnout at least weekly](#).



Learn what you can do to help address burnout.

Burnout, associated with increased rates of alcoholism, strained personal relationships and poor physical health, is a response to chronic job-related stress characterized by:

- A low sense of **personal accomplishment**, such as loss of enthusiasm, fulfillment, zest and creativity in your work
- **Emotional exhaustion**, such as lack of energy, and feeling overwhelmed and stressed
- **Depersonalization**, such as lost confidence, doubts about self-worth and self-criticism

[Elaine Cheung, PhD](#), research assistant professor of Medical Social Sciences at the Feinberg School of Medicine, studies burnout and positive psychology in medical students. “Beyond personal consequences, burnout has been linked to poorer quality patient care, including increased medical errors and lower patient satisfaction,” she says.

Many medical schools offer wellness programs to address burnout, including mindfulness-based stress reduction and cognitive behavioral stress management. [The Osher Center](#) team developed a positive psychological program that targets [increasing positive emotion as a pathway to reduce stress](#) and prevent burnout.

“This program has demonstrated feasibility, acceptability and preliminary efficacy for improving psychological adjustment in those with high levels of stress, including women with metastatic breast cancer, people diagnosed with HIV, people with type 2 diabetes and caregivers of patients with dementia,” says Dr. Cheung.

The program, called LAVENDER (Leveraging Affect and Valuing Empathy for Nurturing Doctors’ Emotional Resilience), has been tailored for medical students, offering a toolbox of skills to increase positive emotion:

- Positive reappraisal
- Noticing positive events
- Capitalizing on positive emotion
- Gratitude
- Mindfulness
- Personal strengths
- Self-compassion
- Compassion toward others

LAVENDER is taught by a trained facilitator over four 1-hour sessions. The Osher Center is currently piloting it with third-year medical students at the Albert Einstein College of Medicine in New York.

Skills taught include incorporating two-minute mindful breathing exercises as you wash your hands, and spending five minutes each evening reflecting on three good things that happened that day.

“These quick, inexpensive strategies can easily be integrated into your busy life, and may help you more effectively cope with everyday stress,” says Dr. Cheung.

Integrative Medicine in the News

Mindful Yoga Improves Outcomes in Patients With Parkinson’s

New research published in *JAMA Neurology* suggests that yoga improves anxiety, depression, spiritual well-being and quality of life

[read article >](#)

when compared with a stretching and resistance training program.

Serve as a Healthy Role Model for Patients

In *JAMA Internal Medicine*, Neal Barnard, MD, of George Washington University shares why healthcare providers and trainees should “practice what they preach” when it comes to nutrition.

[read article >](#)

Contact Us

The Osher Center for Integrative Medicine at Northwestern University is dedicated to advancing the field of integrative medicine through education, research and community initiatives. The clinical Osher program is part of Northwestern Medical Group. Expert integrative physicians, trained in conventional, functional and complementary medicine, provide insurance-based outpatient consults to help patients develop appropriate therapeutic plans. The Osher Center primary care team provides medical care with a strong focus on lifestyle. Our highly qualified complementary providers offer acupuncture, massage and energy medicine, chiropractic medicine, nutrition and supplement advice, counseling, mind-body therapy and fitness/wellness education.

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